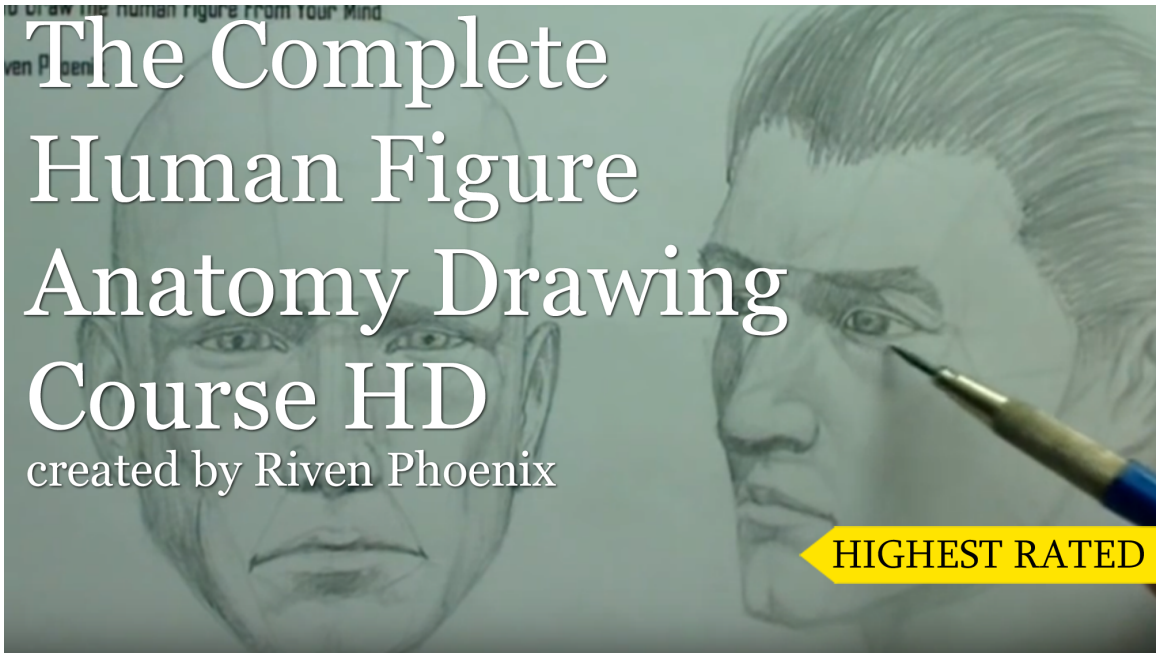


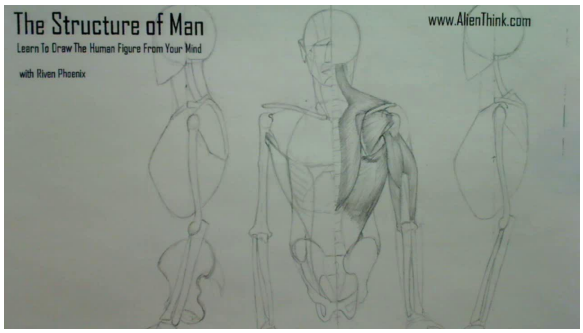
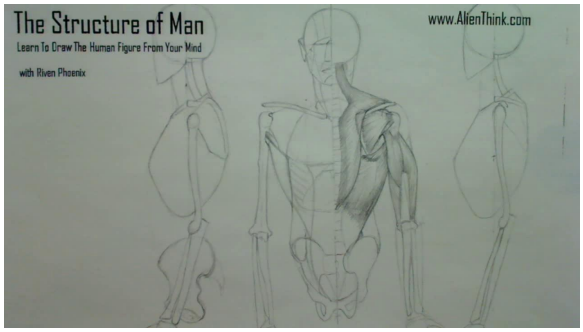
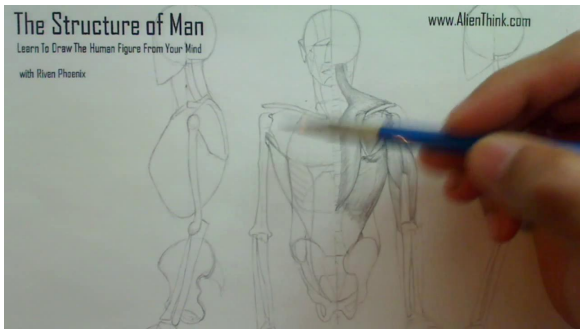
The Structure of Man

Learn to Draw the Human Figure From Your Mind with Riven Phoenix

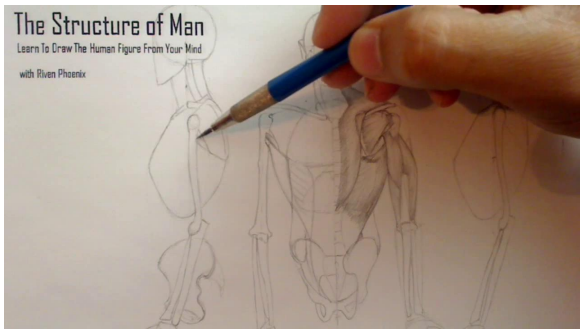
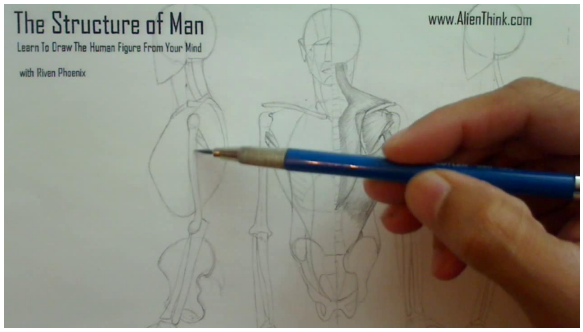
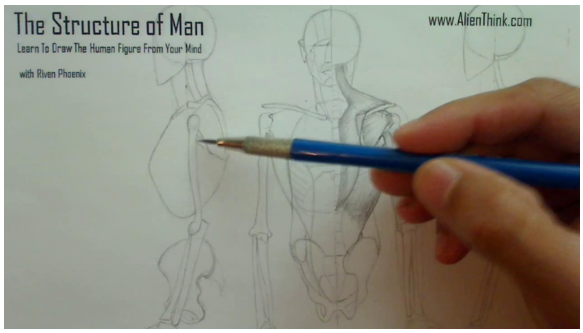
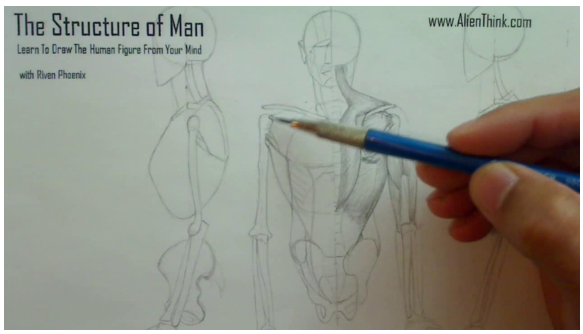
www.alienthink.com

Figure Drawing Lesson 142 - The Muscles of the Arm - Part 4

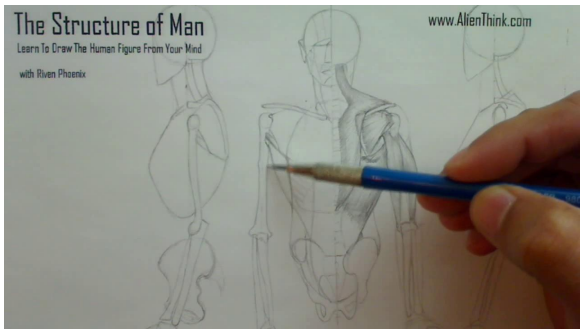
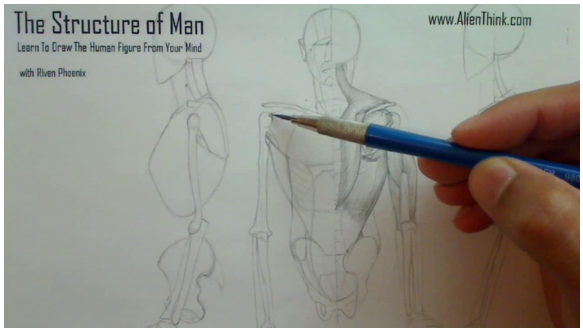
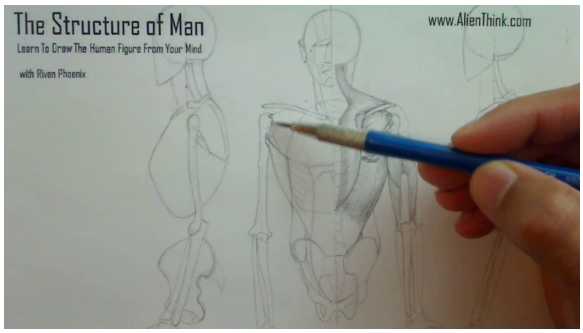
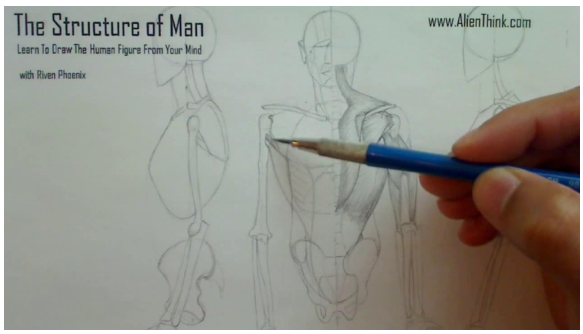
2026 Riven Phoenix and AlienThink.com

1		Hey guys, my name is Riven Phoenix and welcome to the structure of man, learn to draw the human figure from your mind training course.
2		Okay, so now we're going to continue on and start understanding the muscles here for the front.
3		Okay, so here we're going to actually add that muscle from the interview just to show that look it's just connecting over here and it's going to come over here, right?
4		So what's going to happen is that you can just see this is the inside view of the right or right.

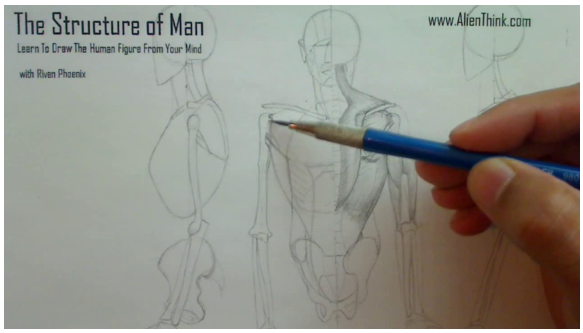
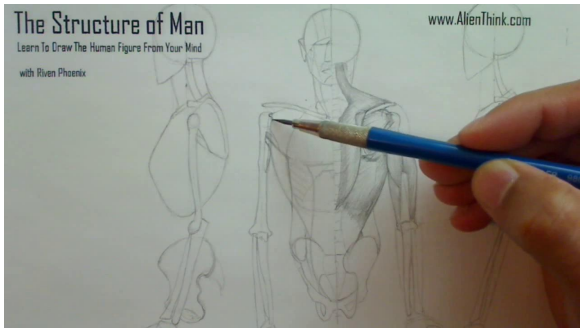
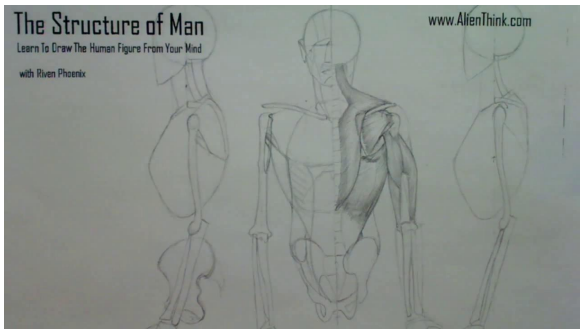
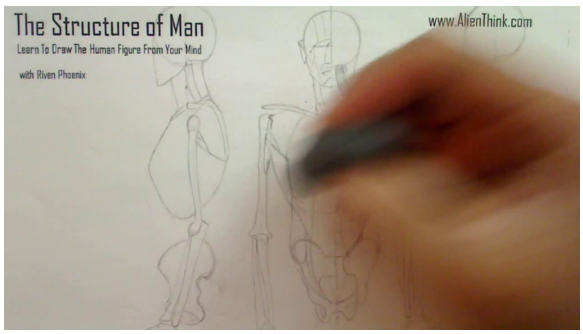
2026 Riven Phoenix and AlienThink.com

5		The door side muscle is just going to be here and we can't show it here because of this humorous, but it's just going to be connected.
6		Like I talked talked about it in the other drawing right so you can just imagine that the door side muscle is just coming here and that's how it is going to be in the inside.
7		Okay, so now there's going to be a an important muscle that's actually going to come down here and it's going to make a significant impact in the structure of the arm from the inside.
8		So first we're going to look at this muscle before we can look at anything else.

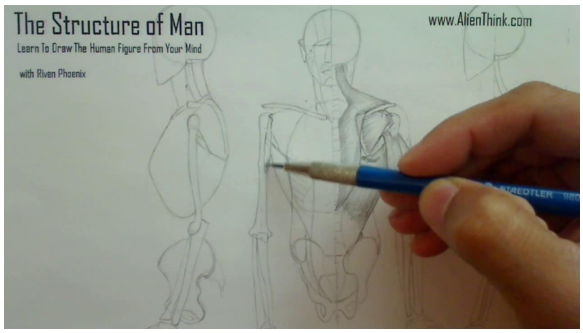
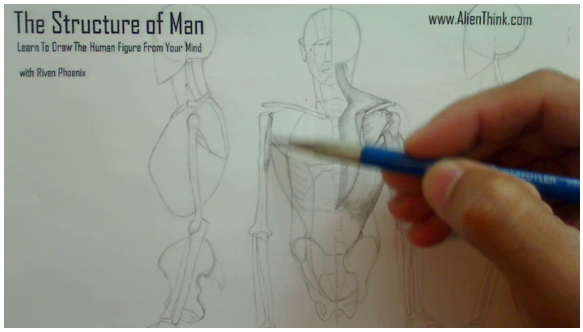
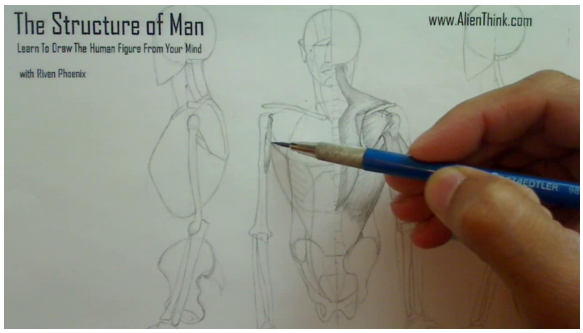
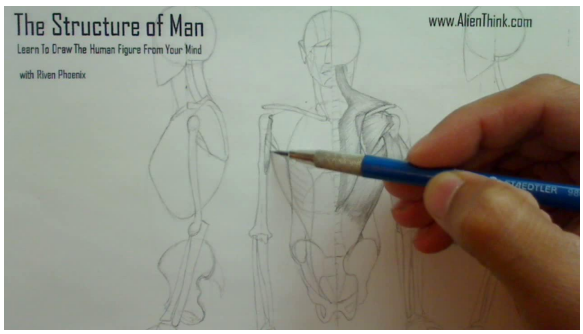
2026 Riven Phoenix and AlienThink.com

9		So this muscle basically comes around here halfway.
10		So he's going to connect here. We know already that the bicep is going to connect here also, right?
11		So to understand this concept is that we're going to have to erase this idea here, right?
12		So we're just going to simply put this muscle over here, right?

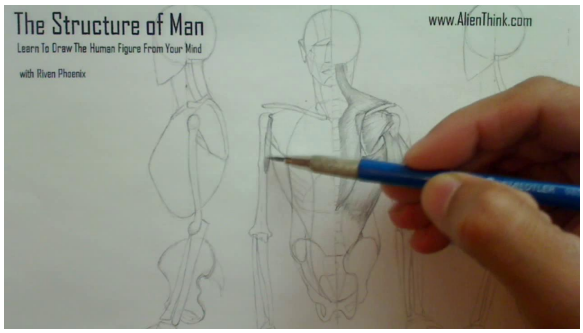
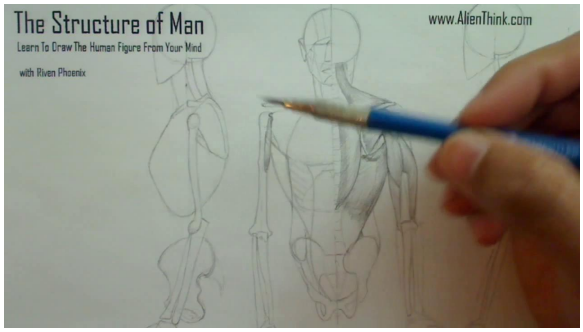
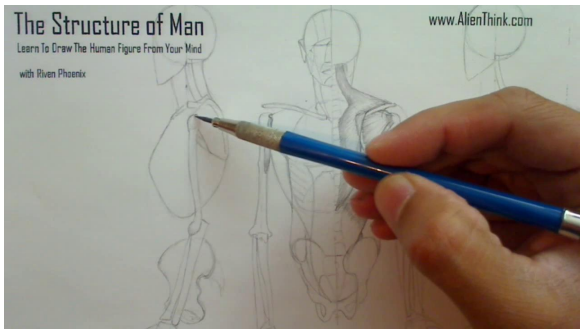
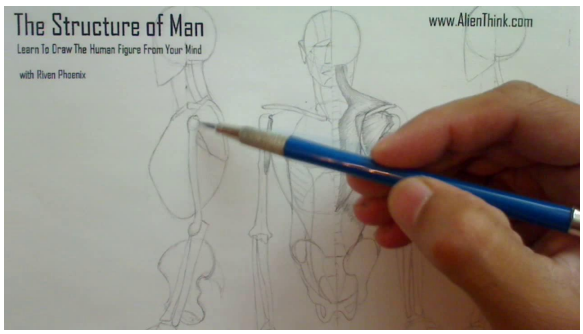
2026 Riven Phoenix and AlienThink.com

13		So just imagine this muscle to be here like this, right?
14		And he's going to be just like this kind of like big over here.
15		Okay, so he's all the way inside.
16		Okay, so what this means is that this muscle is here, right?

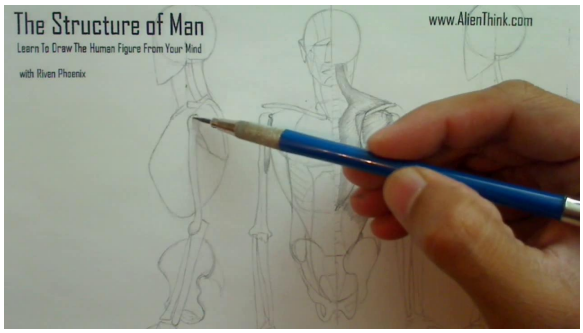
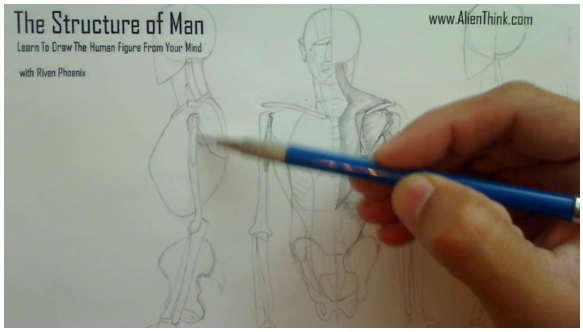
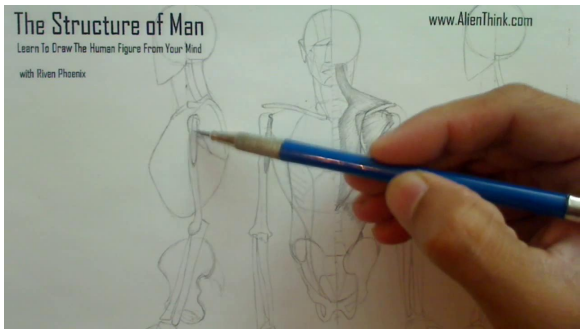
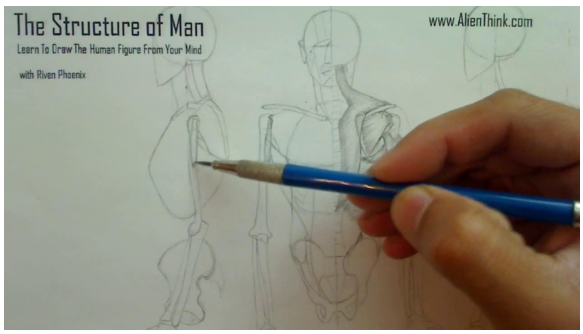
2026 Riven Phoenix and AlienThink.com

17		We're going to first, we're going to lightly put this muscle in here first, but he's going to be connecting like this.
18		And this means he's on top and these guys are underneath him.
19		They're getting buried. These muscles that are coming, they're getting buried these two inside him, right?
20		And we'll understand this later on.

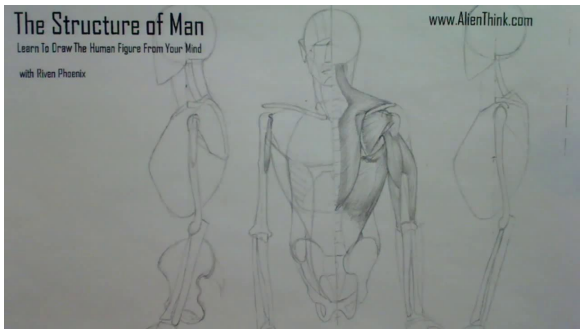
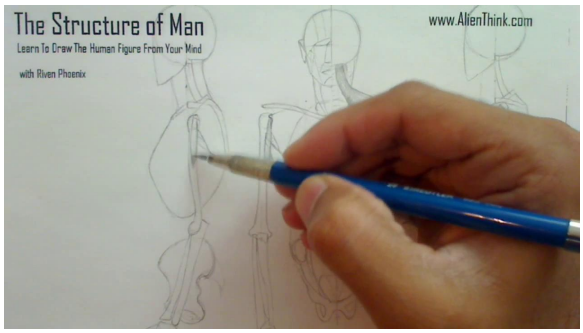
2026 Riven Phoenix and AlienThink.com

21		Okay, so this is that muscle.
22		So from the inside, we know that, okay, well, I'm looking at the inner.
23		So I know that I'm going to get this over here, right?
24		So from the inside, this muscle is basically going to be over here too, right?

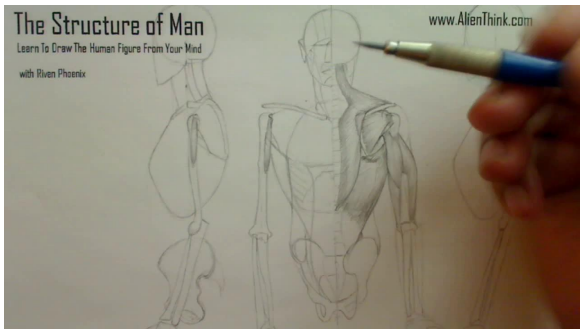
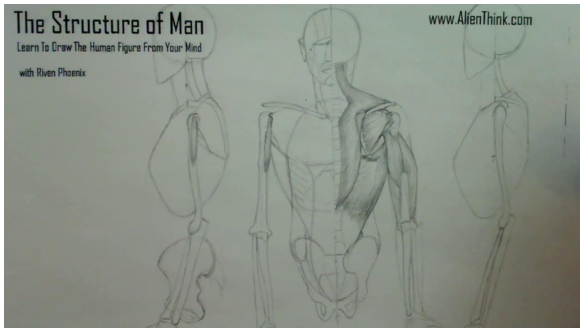
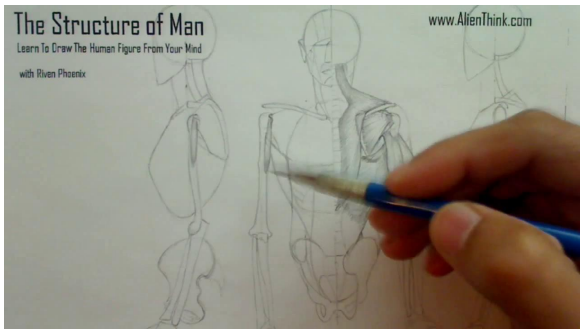
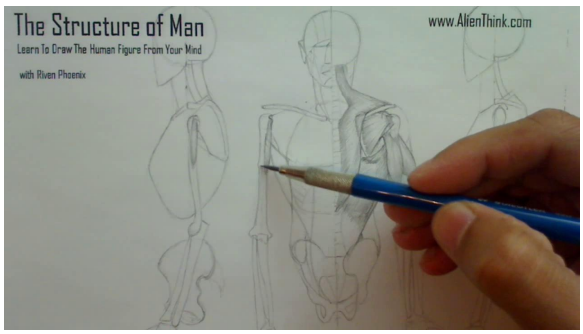
2026 Riven Phoenix and AlienThink.com

25		So he's just like this, you can just draw it out like a blob over here.
26		So just know that this muscle is also here because what's going to happen is when,
27		when the bicep and tricep come together, this muscle is definitely there.
28		And you'll see this when somebody's lifting like a dumbbell, you'll actually see this muscle come out.

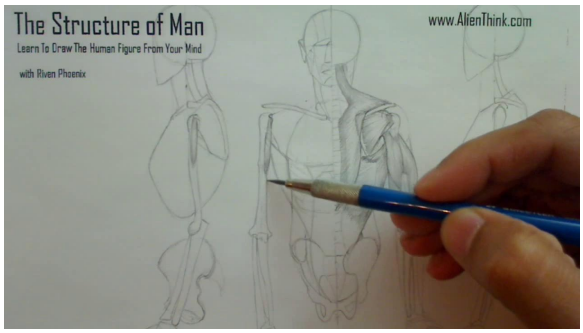
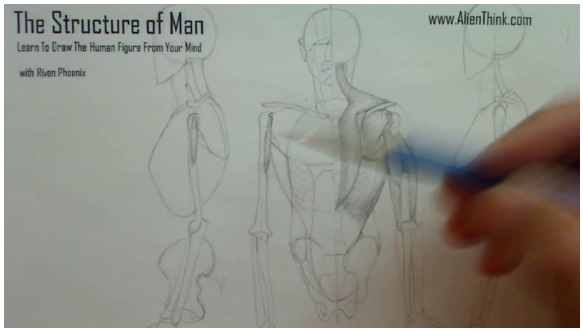
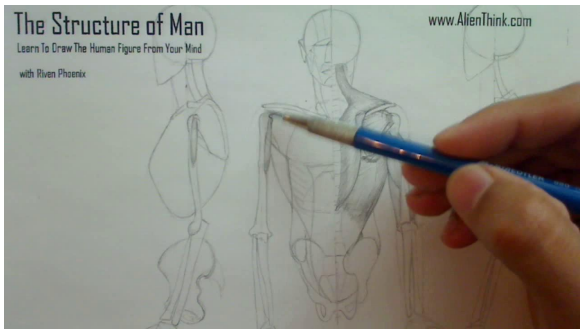
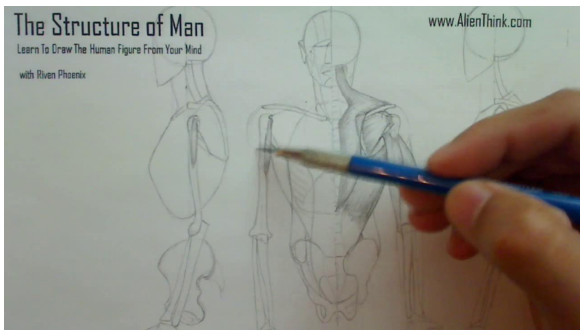
2026 Riven Phoenix and AlienThink.com

29		Okay, so here we're just going to drop him in like this.
30		And again, we're going to be erasing quite a bit is because the muscles are going to be pushing and shoving each other.
31		So we're just, we're going to be looking at the relationships and the angles that are going to be caused in the contour lines, right?
32		So don't do this stuff too dark.

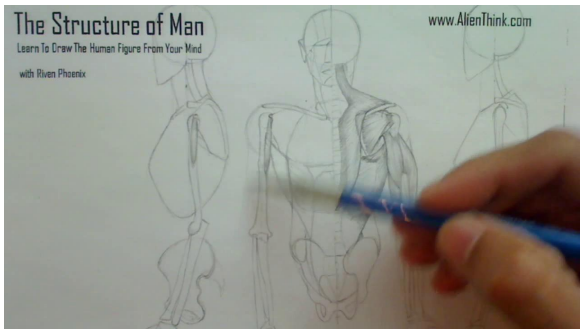
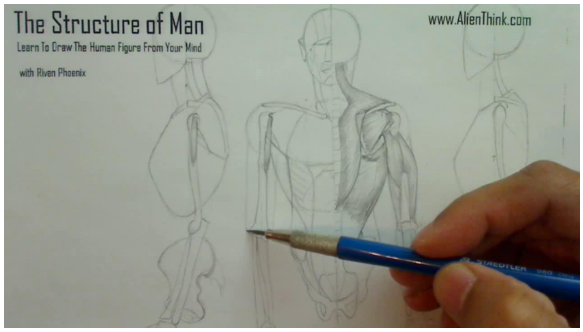
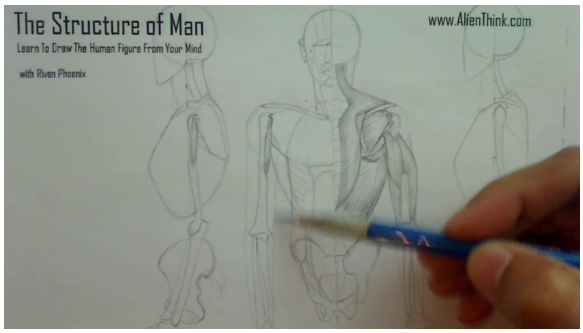
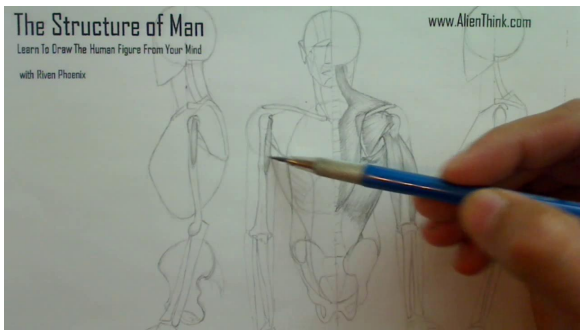
2026 Riven Phoenix and AlienThink.com

33		Okay, so we got this, this muscle over here, right?
34		So from the outer really never going to see the guy.
35		Okay, so the next muscle that we're going to get is going to be a muscle that's really has to be understood from its functionality.
36		So basically this muscle is just going to be coming from here.

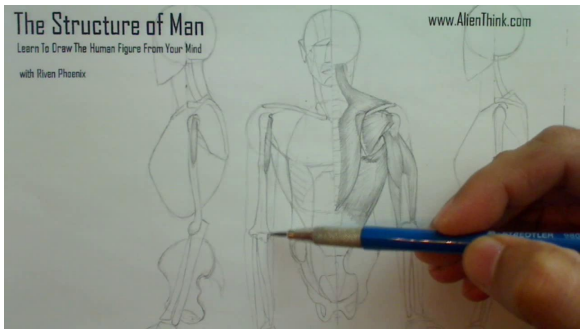
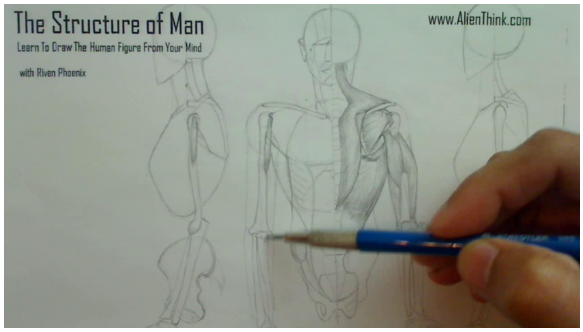
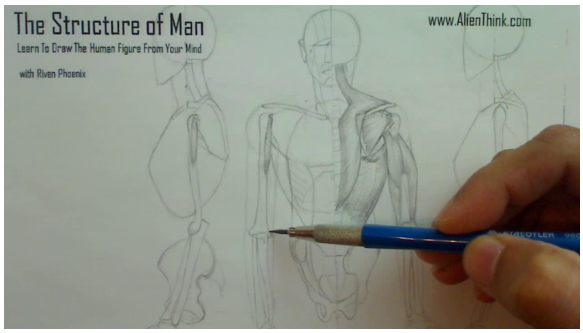
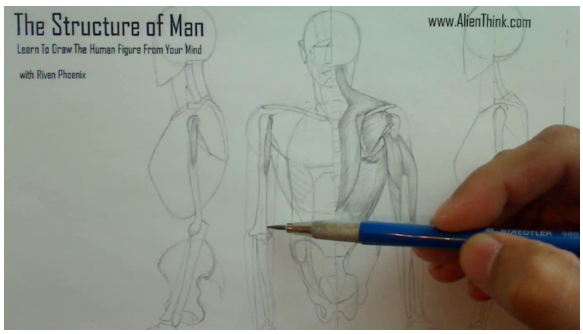
2026 Riven Phoenix and AlienThink.com

37		So imagine that this muscle is going to be here, right?
38		So before we do that, let's actually do the same thing.
39		So we know how to puff up the muscles correctly.
40		So here I'm just going to draw out that this is how big the shoulder is.

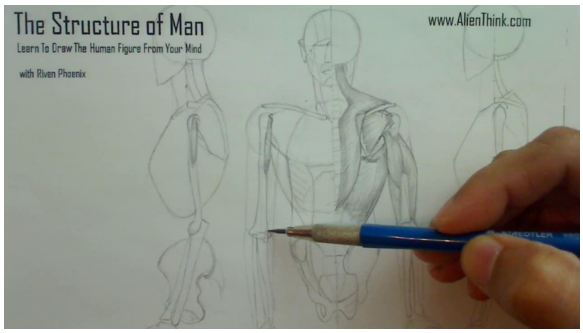
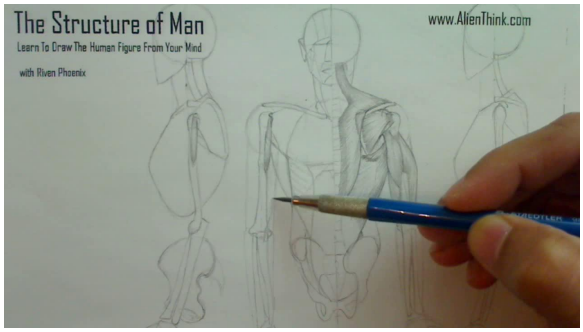
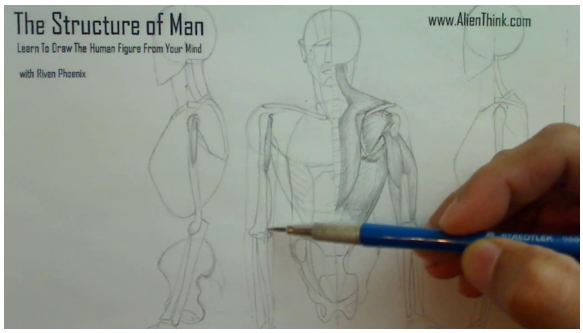
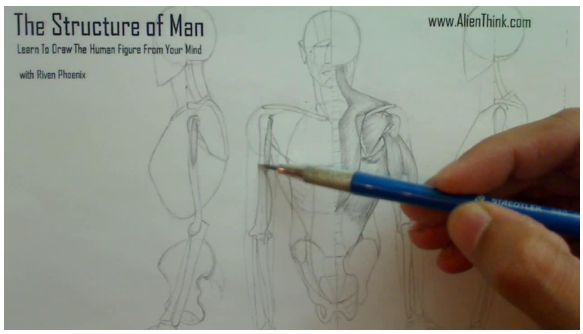
2026 Riven Phoenix and AlienThink.com

41		And here we're just going to state that okay, well, this is how big at least want the arm to be, right?
42		This is an important concept again to put down for you to the muscles.
43		And you'll understand how it relates to the mannequin automatically.
44		Please put this idea down.

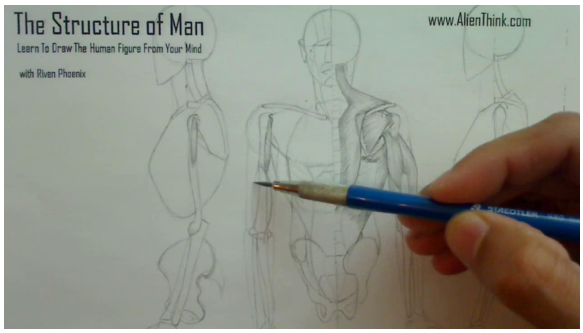
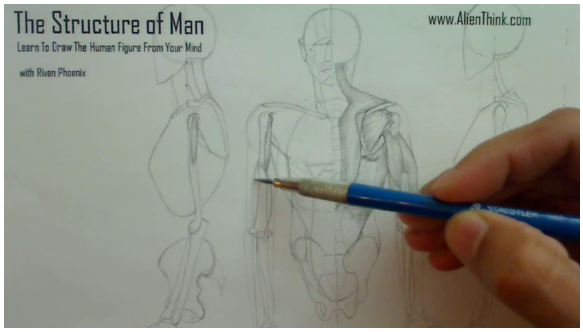
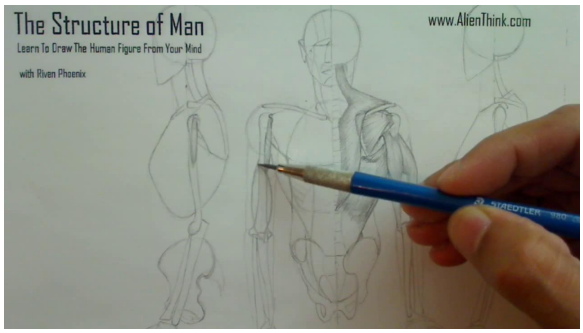
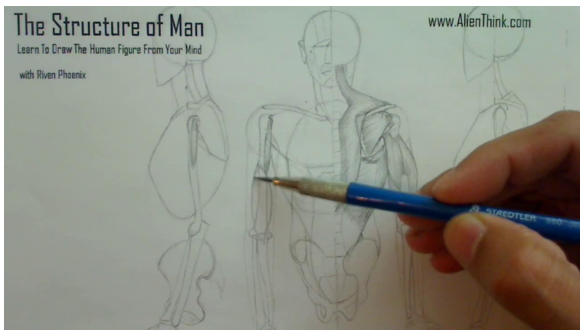
2026 Riven Phoenix and AlienThink.com

45		Okay, so this muscle, what happens is that see where this area is, this is the, the ulna.
46		So this muscle is going to look where he is.
47		This is the, this is the, the bone for the humerus.
48		What's going to happen is that this muscle is going to go like this, but he's going to go over.

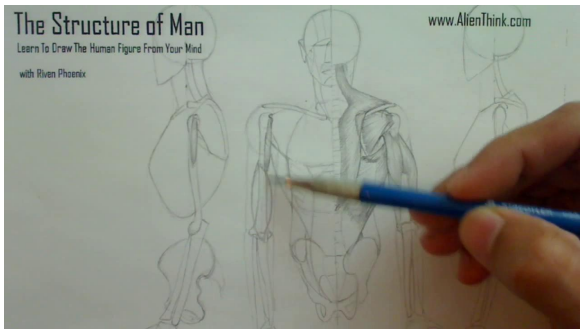
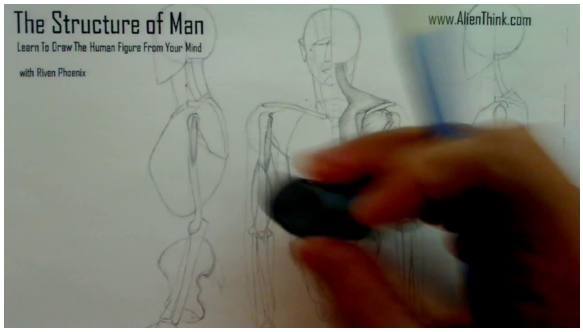
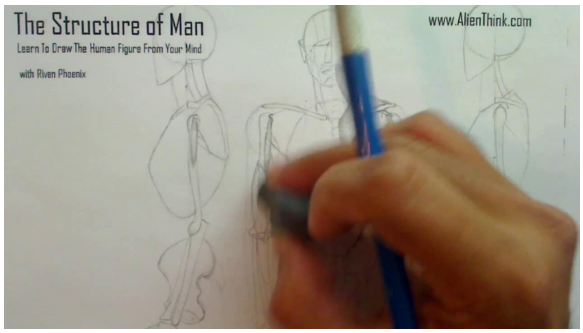
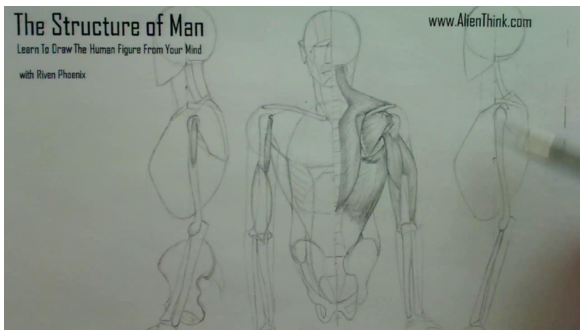
2026 Riven Phoenix and AlienThink.com

49		Okay, this, this area needs to exist here when he comes out.
50		And he's just going to, you can just puff him up like this and he's just going to be like this.
51		Because he's going to actually come out kind of like this, but it's really the tricep usually coming away, depending on how you do this.
52		Okay, and then he's going to again be, he's going to be wrapped like this and he's going to come out doing the same thing on the other side like this.

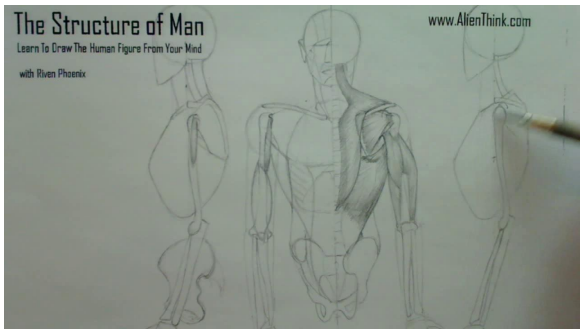
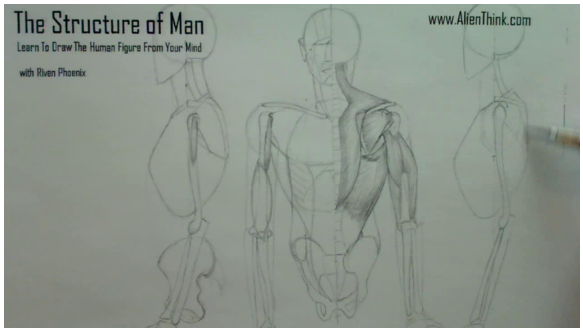
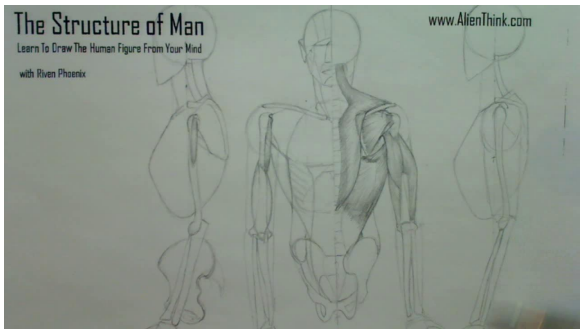
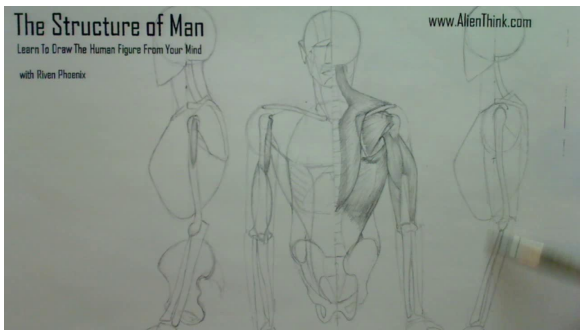
2026 Riven Phoenix and AlienThink.com

53		So he's going to be all over here like this.
54		So what happens is that if your hand is like facing arm is like twisted just a little bit more, you'll actually see this from the side.
55		It will understand this.
56		This is a, just know that this is one big muscle over here.

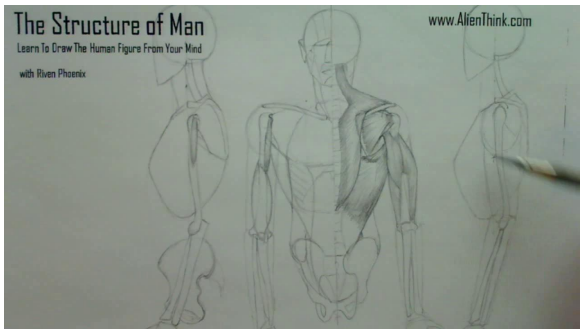
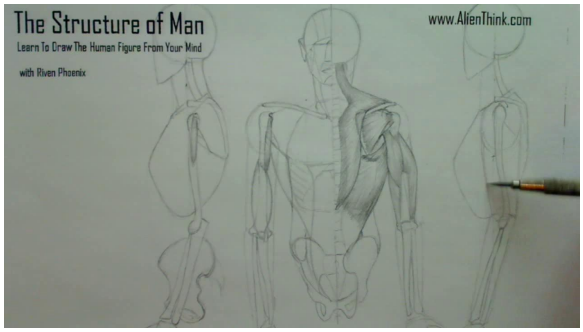
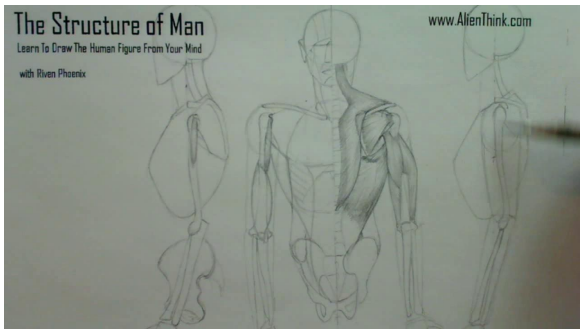
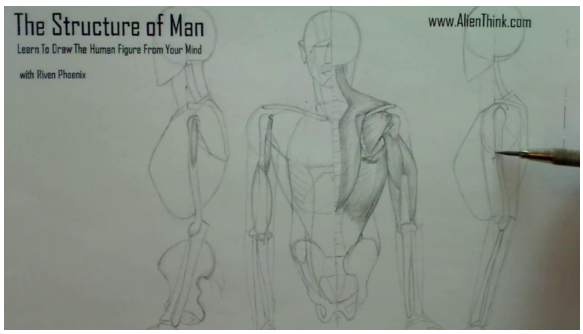
2026 Riven Phoenix and AlienThink.com

57		Okay, so we're not going to render the same.
58		We want to keep this open like this.
59		Okay, because we're going to put the bicep on top to understand why this muscle is here.
60		Okay, so for the side view, we're actually going to do the same thing.

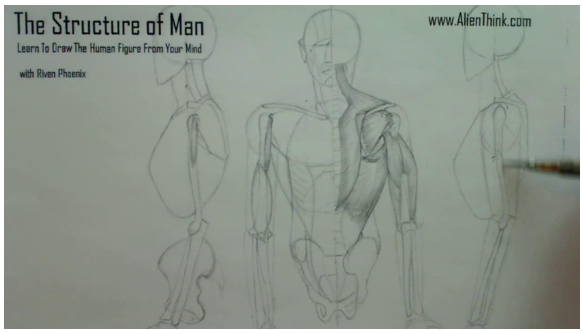
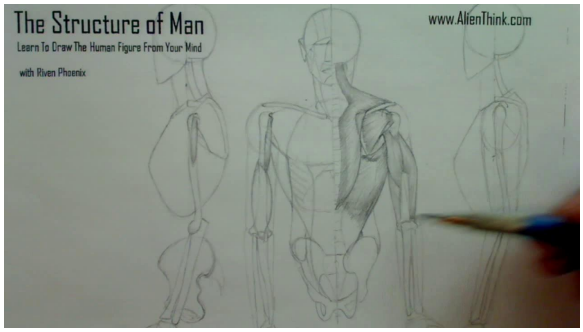
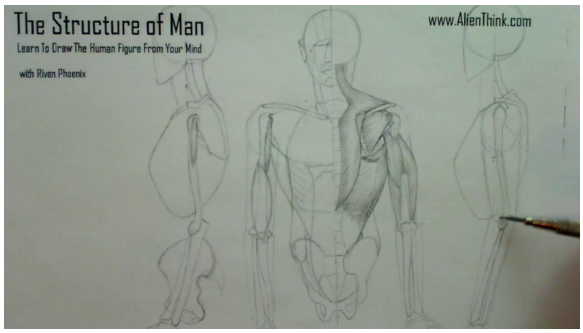
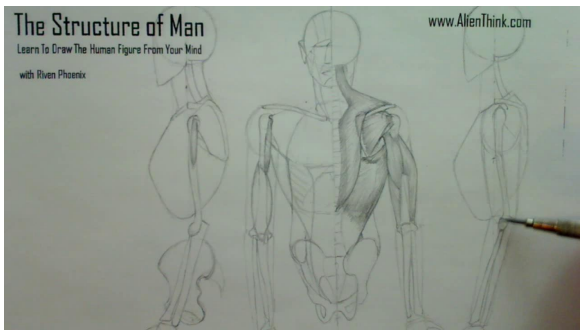
2026 Riven Phoenix and AlienThink.com

61		We got to do the, we have to do the ball shape here to get a better idea of how big do we want the shoulder to be.
62		Right, so it's going to be roughly like this here and this will like give us a good idea of how to do the good side view of the arm.
63		So here I'm just going to leave this b over here.
64		And here we can just simply put this in like this, but we'll pop this up a little more than it's appearing.

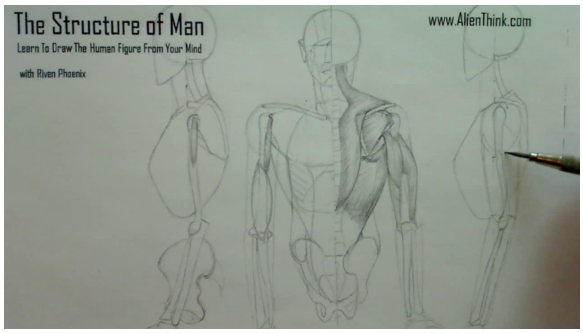
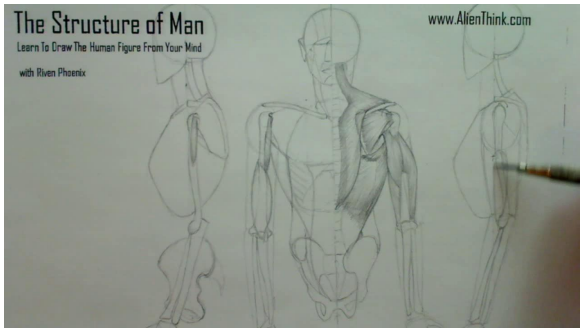
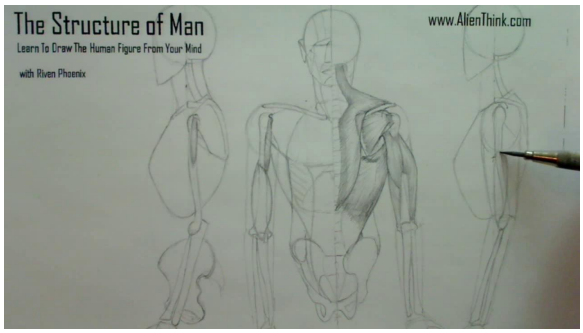
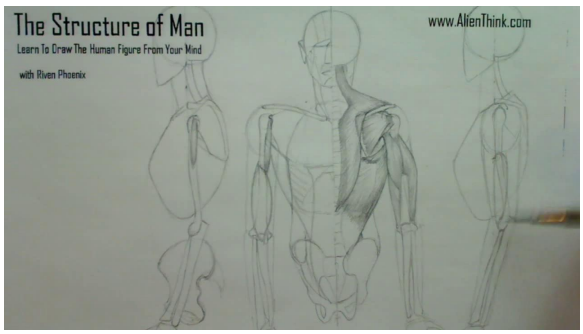
2026 Riven Phoenix and AlienThink.com

65		Right, it's good to understand that over here you're going to, it's going to be like almost like a triangular shape over here.
66		Right, you got to put this down to understand this.
67		Okay, so what happens here is that even from this side, from the outer side, you're going to actually get, get the most of this muscle.
68		Right, so you're going to see quite a bit of this guy over here.

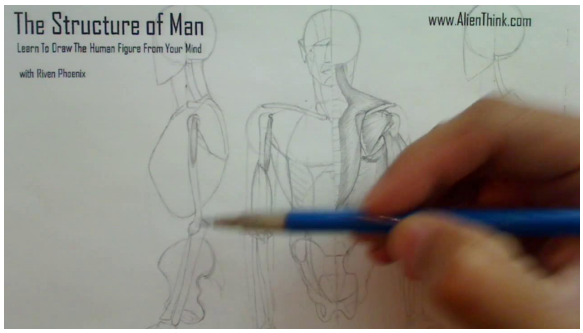
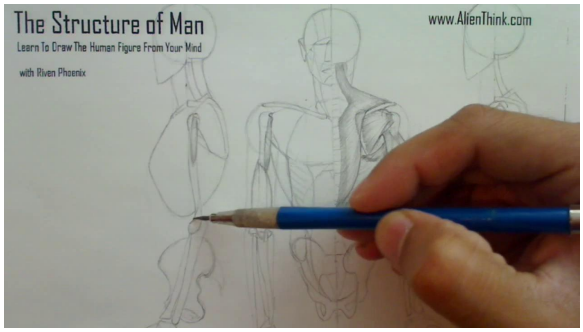
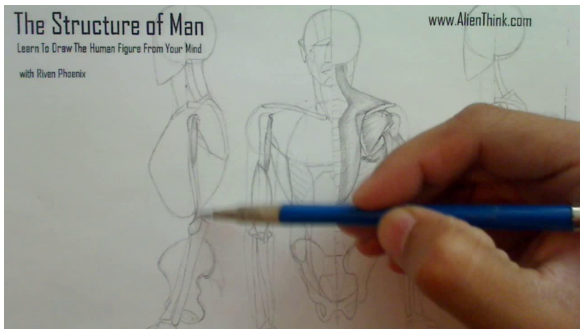
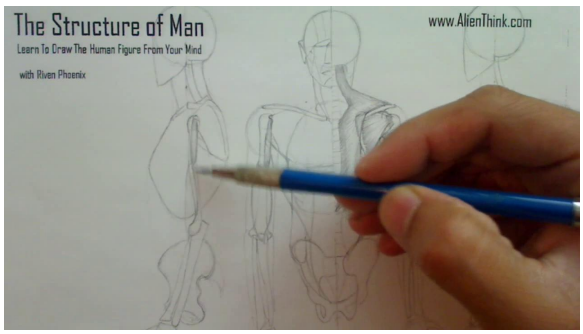
2026 Riven Phoenix and AlienThink.com

69		So he's going to be basically going like this, but look, this is the humorous. He goes over it.
70		Right, even from the side, you can see he's going over it.
71		So he goes over and he wants to connect to the, the, the, the all now, which is on the other side.
72		So we, so it's just understand it that it's just going to be like this over here.

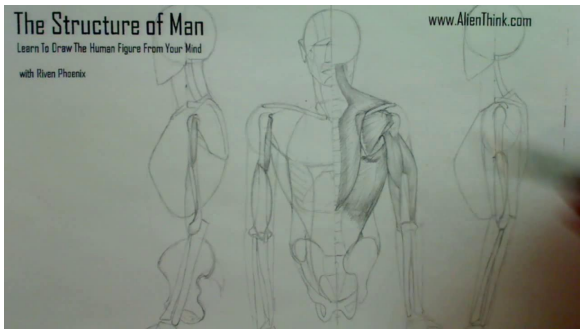
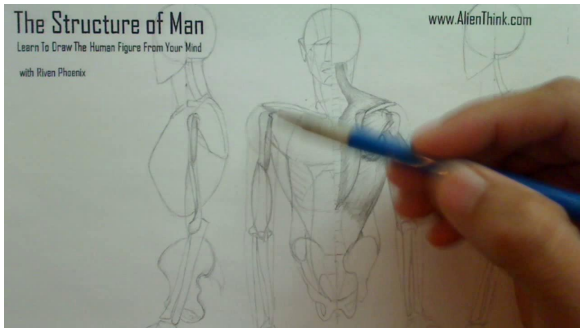
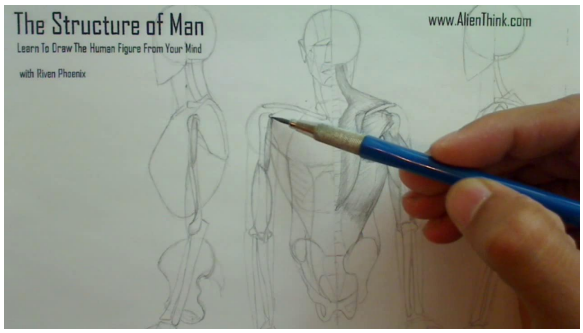
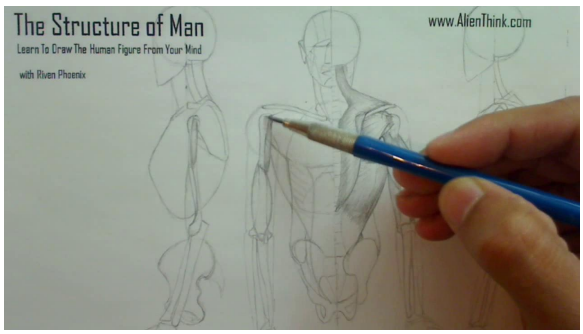
2026 Riven Phoenix and AlienThink.com

73		Like this. Okay, so here we're just going to make him like, like this shape over here and just imagine that he, he's just sitting like this.
74		Okay, because what's going to happen is that things are going to start pushing and shoving, but it's important to understand this muscle concept to look how much it wraps around here, here, and then it wraps around here.
75		Right, he's just wrapping around from the outer side.
76		Right, so you're not going to, and also actually from the inside, it's going to do the same thing.

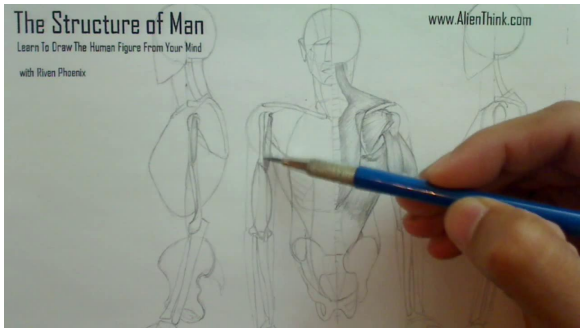
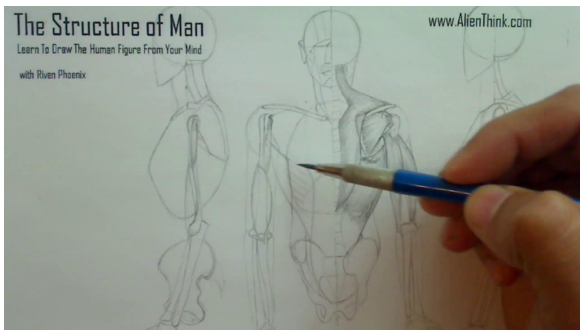
2026 Riven Phoenix and AlienThink.com

77		It's going to go over here.
78		He's going to show up at least a little bit over here, and he's just going to be like this.
79		Okay, so over here, we'll just do the same thing that he's going over and then over here, he's just going to go over the all now over here.
80		We need to understand this more of a shaping thing over here.

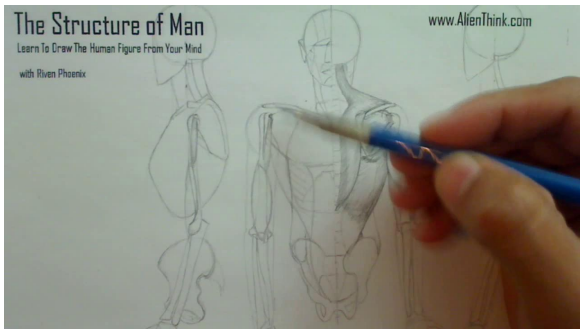
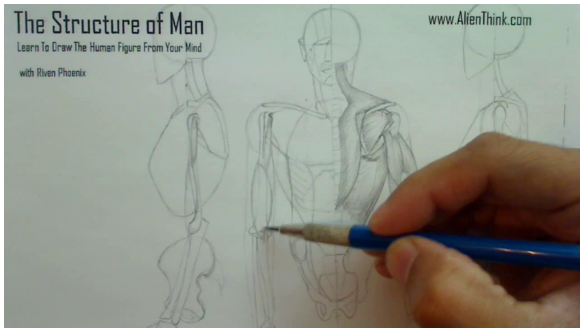
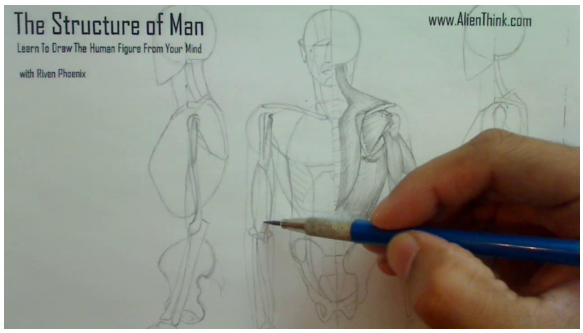
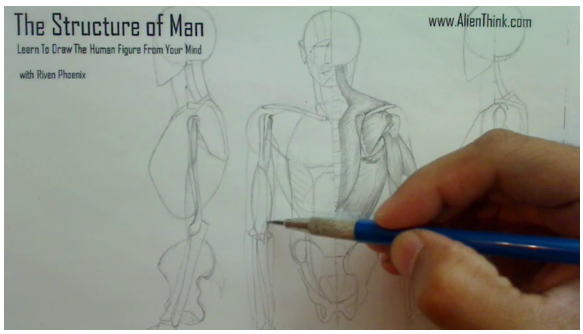
2026 Riven Phoenix and AlienThink.com

81		Okay, and we'll render this in a little bit.
82		Okay, so what happens is that now we're going to get the bicep.
83		So we know that, okay, well, the bicep is now going to come this way.
84		We know that, okay, they're all here on the humor's phone. There's a line here.

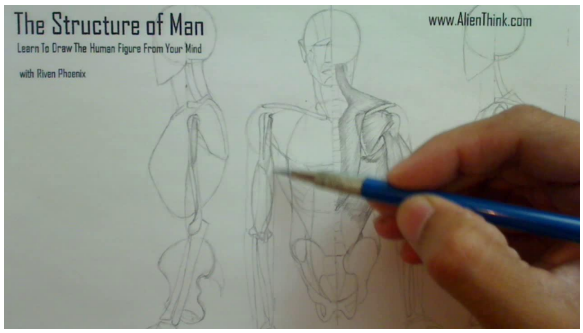
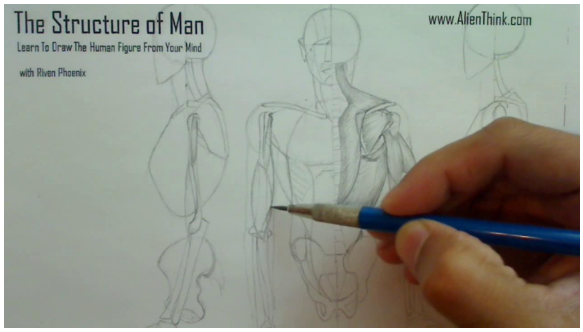
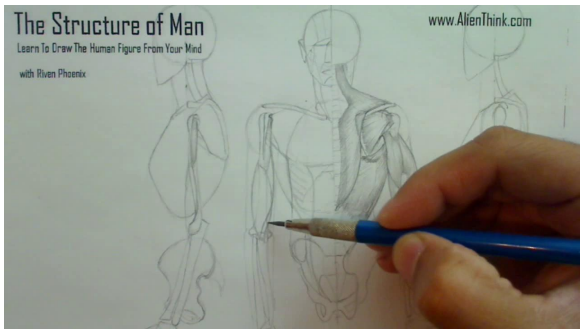
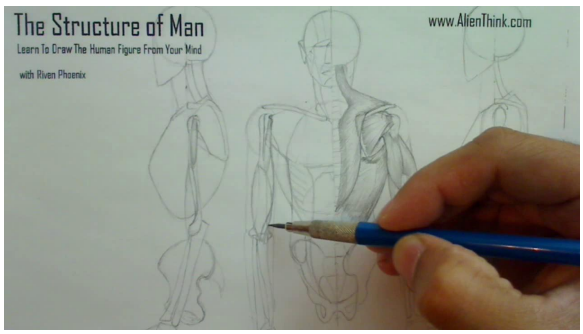
2026 Riven Phoenix and AlienThink.com

85		So we're going to get the bicep. It's going to be like this.
86		So now I'm going to erase some of the stuff so it starts making sense a little bit.
87		And all these things that we put down are going to start to come together.
88		See, so over here, I'm going to get the bicep like this over here.

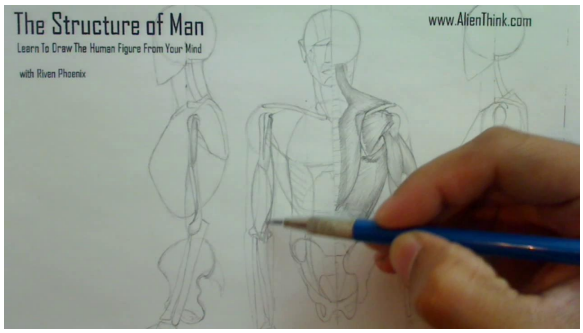
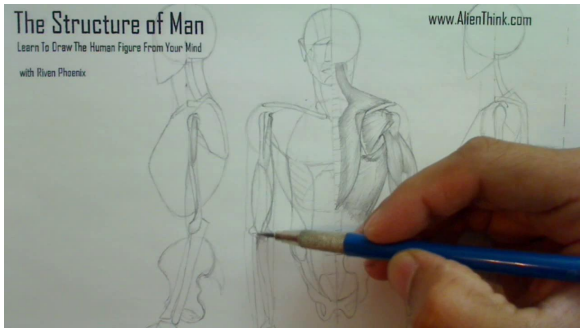
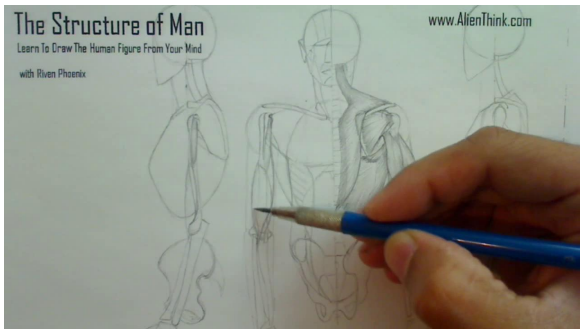
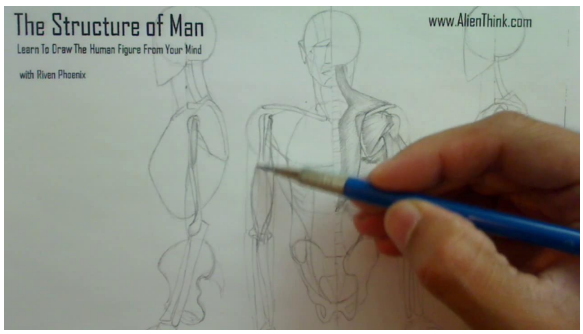
2026 Riven Phoenix and AlienThink.com

89		And this is where we can just decide, okay, well, when I do the bicep, I really want to puff him up a little bit more over here.
90		Right, so he's going to stop being a bicep.
91		We set around here like this.
92		Right, so you're going to get like a big, make the bicep just like this over here.

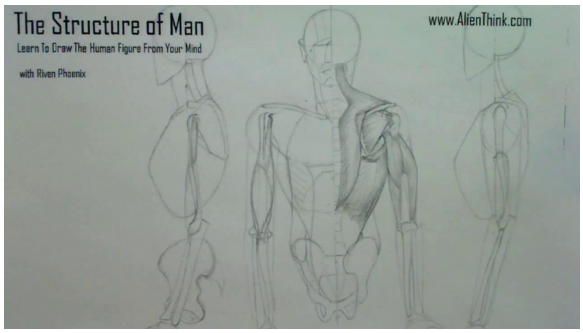
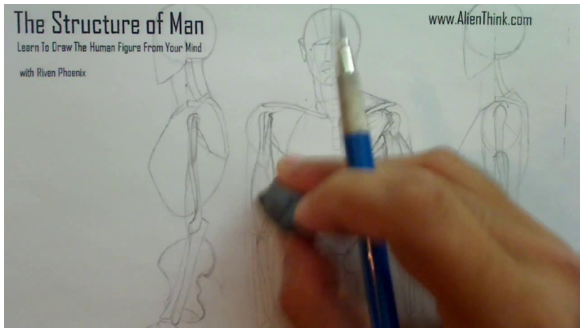
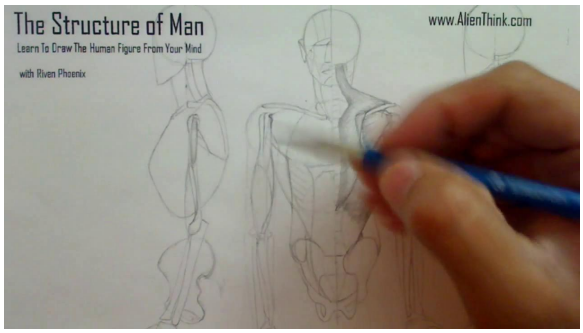
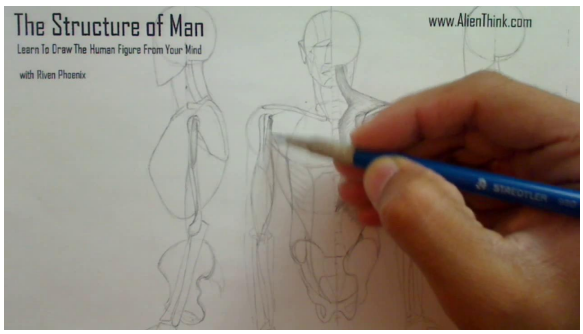
2026 Riven Phoenix and AlienThink.com

93		Just a little bit like this.
94		Okay, but look what happens when he comes over.
95		You get this.
96		This muscle is showing up.

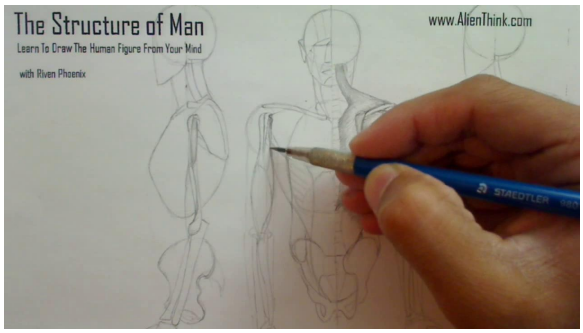
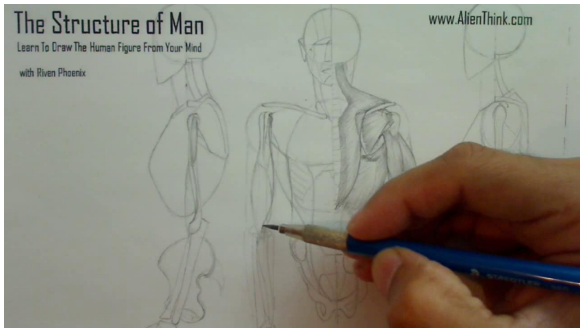
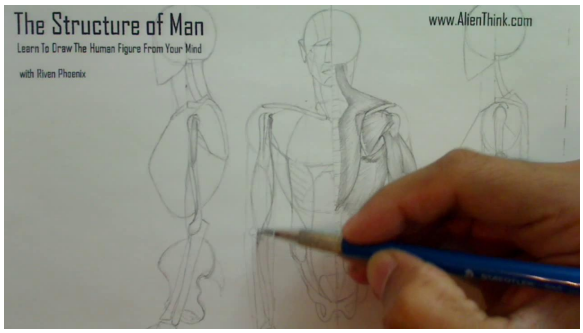
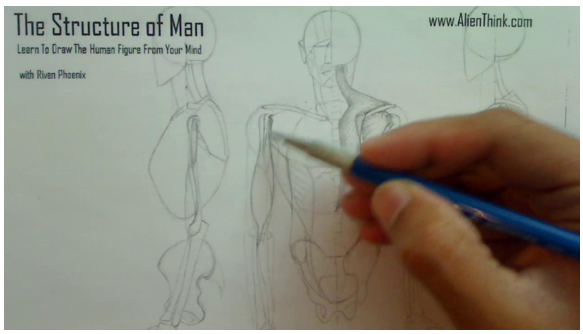
2026 Riven Phoenix and AlienThink.com

97		Right, and you'll see this all over.
98		When you're looking at the anatomical books, look, he even happens over here.
99		When the bicep goes like this, being let's say this big over here, we can do the bicep a little bigger later on.
100		Right, so here the bicep is going to be like this coming in, but you're going to get this line here.

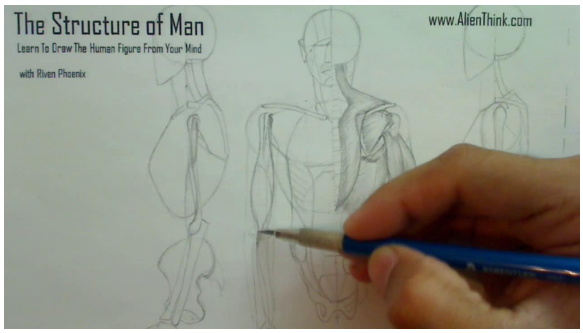
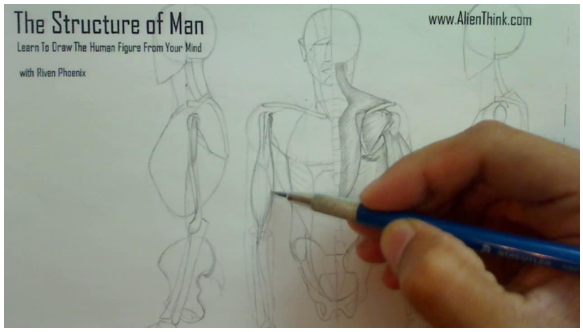
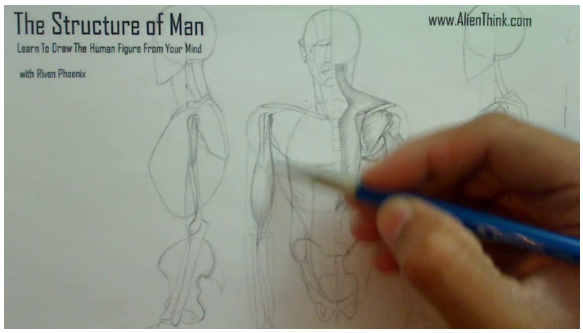
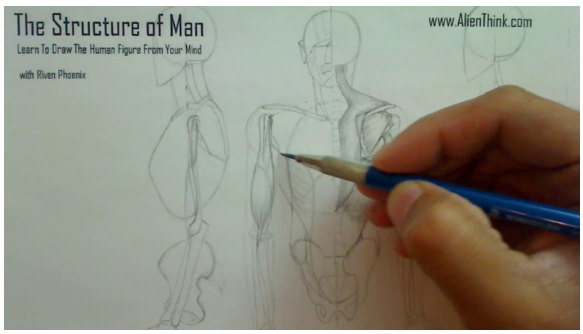
2026 Riven Phoenix and AlienThink.com

101		Okay, so let's understand this now, what just happened over here.
102		I'm going to clean up some of this stuff over here.
103		And you're going to get this bicep like this.
104		It's going to be here, but look this muscle.

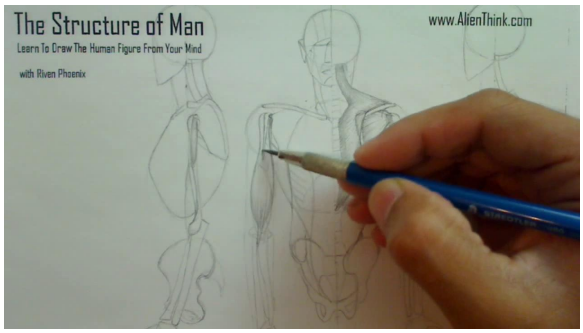
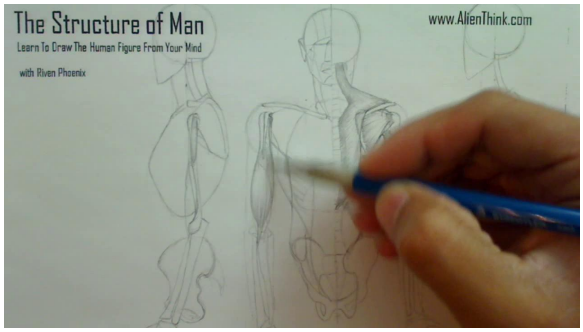
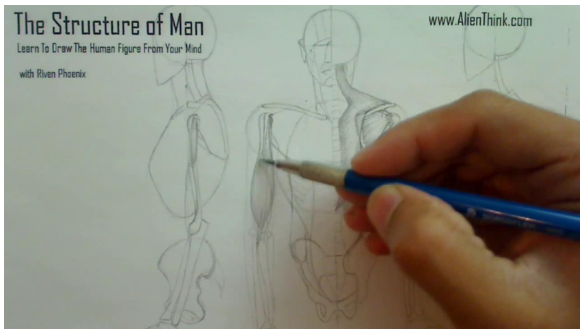
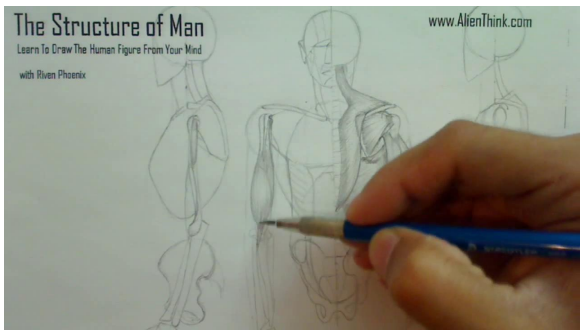
2026 Riven Phoenix and AlienThink.com

105		You can almost see it, but because the pack muscles will come, you're going to be able to see that muscle that we put on.
106		So here's the bicep. He's connecting to the radius.
107		He's going to come like this over here, just like this, and we're going to just pop him up like this for now.
108		Right?

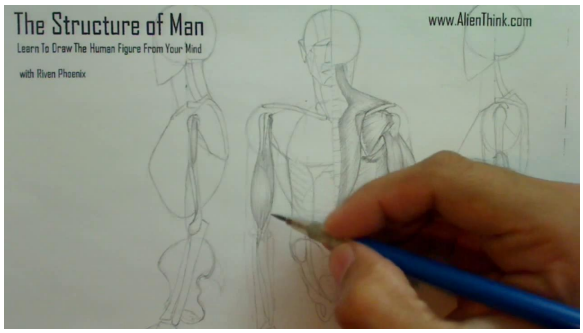
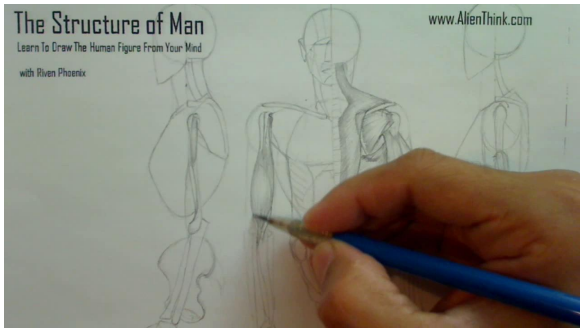
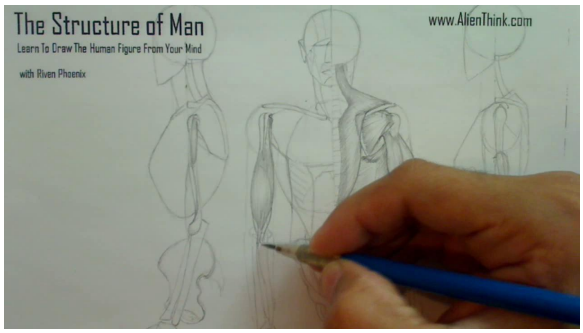
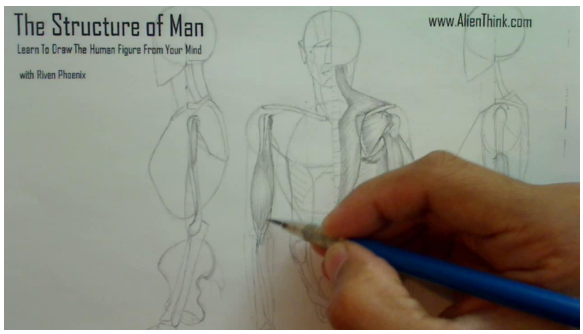
2026 Riven Phoenix and AlienThink.com

109		And then he's just going to be going like this.
110		This is our bicep over here.
111		And then over here, you're going to get at least this, right?
112		Because when the shoulders go, you know that you see this tick mark like this dent.

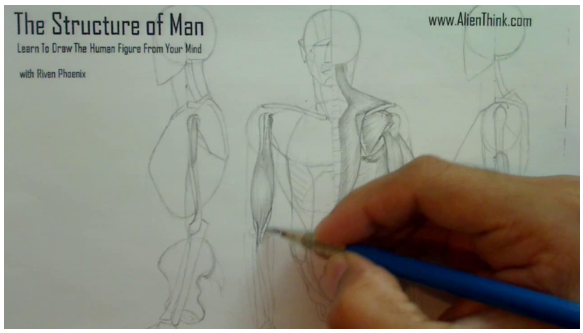
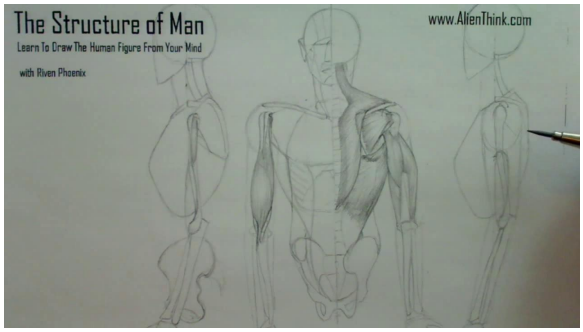
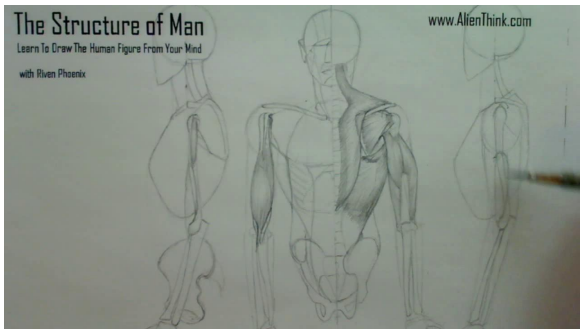
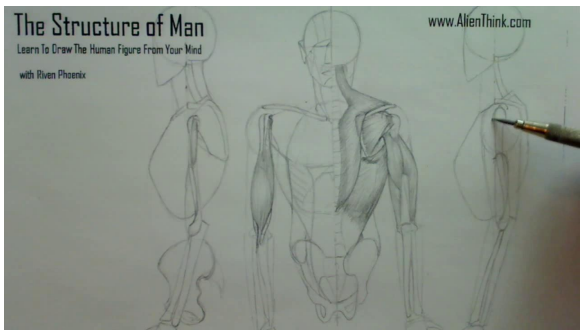
2026 Riven Phoenix and AlienThink.com

113		Even on your arm, when you're flexing it, when you flex your bicep really hard, you'll actually see this come out with the deltoid is.
114		So here I'm just going to rendering the bicep like this, right?
115		We can change the shape later, make it look better, right?
116		In the beginning, it's going to be hard to understand how these shapes are.

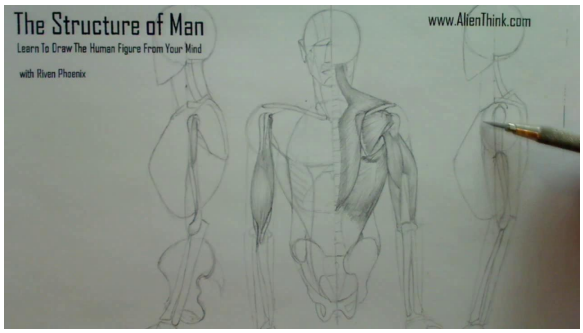
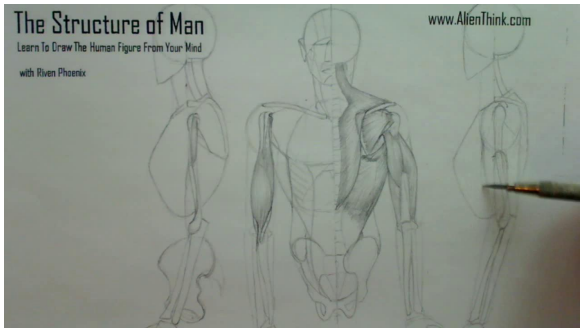
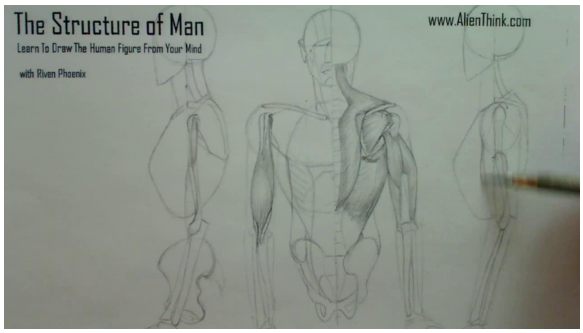
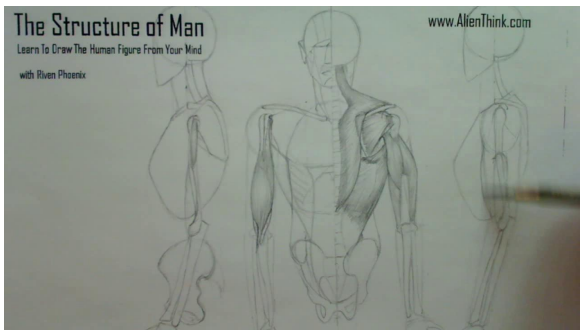
2026 Riven Phoenix and AlienThink.com

117		Okay, so here you're going to get this line here for this guy because he's coming here.
118		And you're going to see him also from this end, right?
119		So he's connecting to the all the bicep goes to the radius, but look, this muscle is here.
120		Okay, so I'm going to do this as an outline over here so you can see what's going on over here.

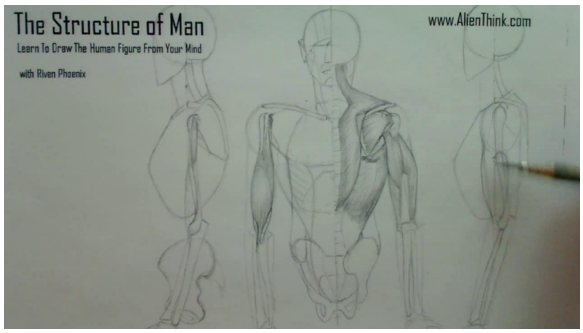
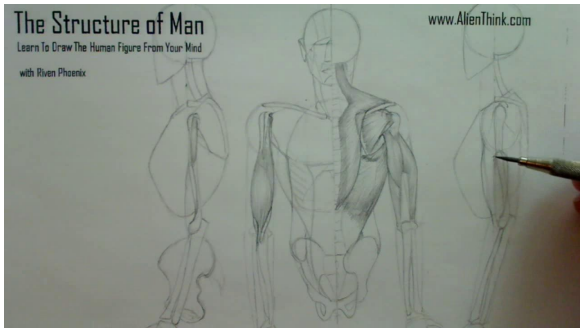
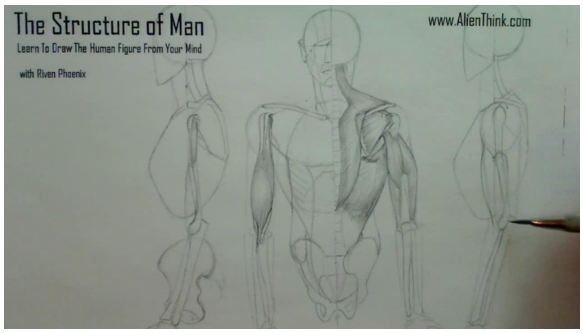
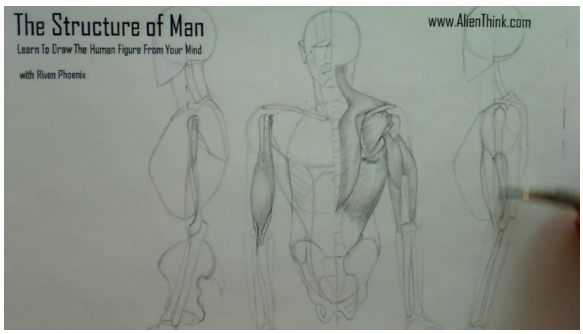
2026 Riven Phoenix and AlienThink.com

121		Okay, and again, this muscle here is on the side over here too.
122		So that's the bicep over there.
123		So what happens when the bicep comes out over here?
124		So now we know that okay, well, from the outer view, we're going to get at least,

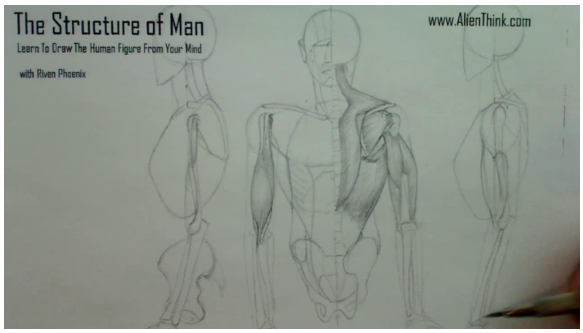
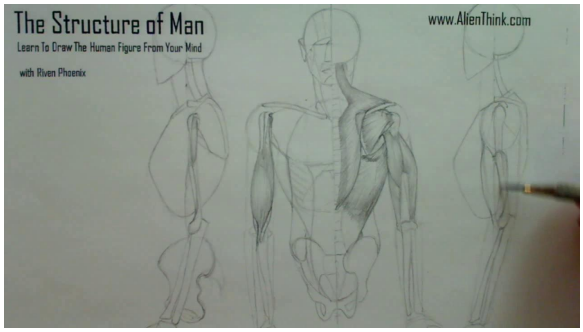
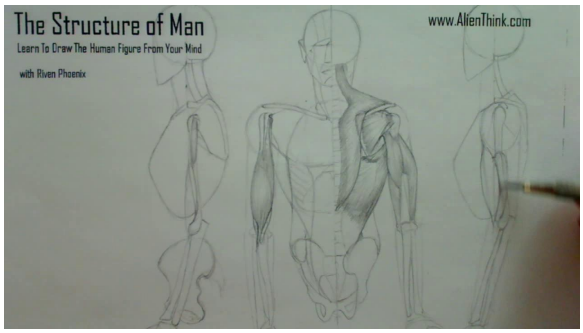
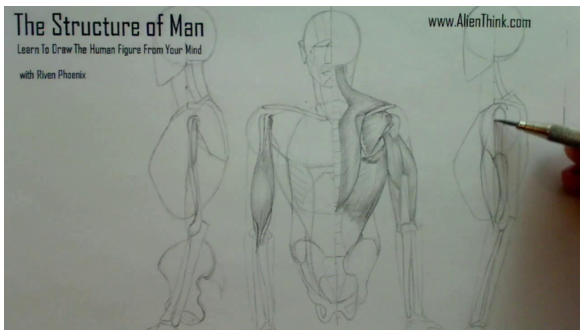
2026 Riven Phoenix and AlienThink.com

125		we're going to have to actually draw this out like a bicep first as to how it should be
126		in order to understand is to get the best shape of the bicep.
127		And here we know that it's just going to be connecting in here like this.
128		So we can just do it like this over here and get the best shape for the bicep first.

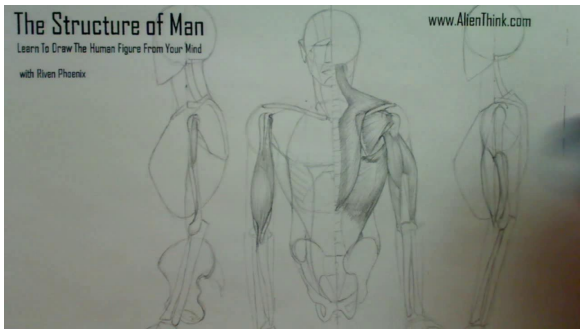
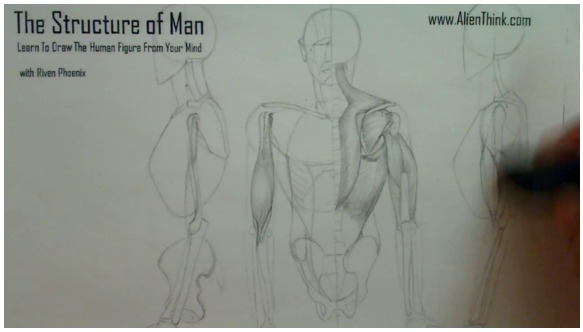
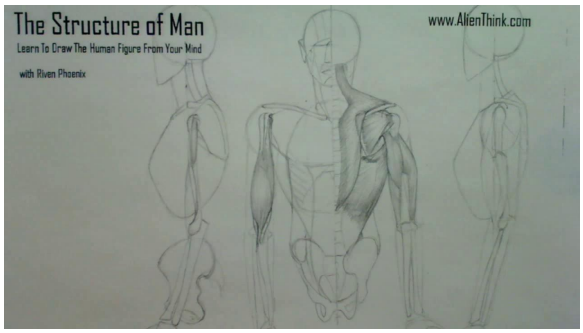
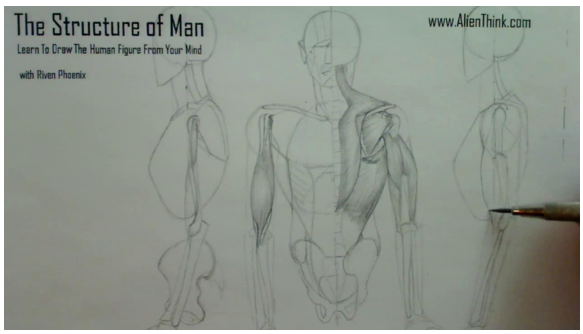
2026 Riven Phoenix and AlienThink.com

129		Right, so look what happens here.
130		When the bicep comes over here, he's going to just go against this guy over here
131		that we drew that this shape.
132		The bicep is just going to come like this and he's going to go back inside.

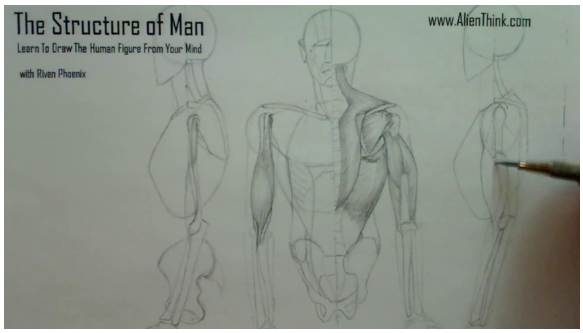
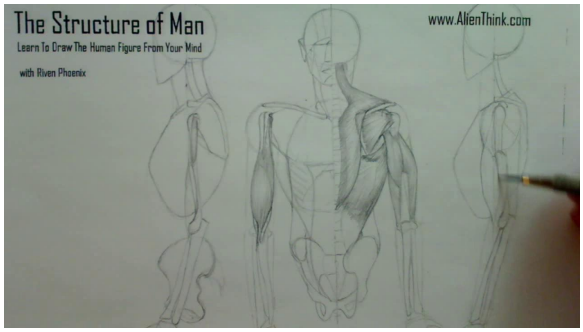
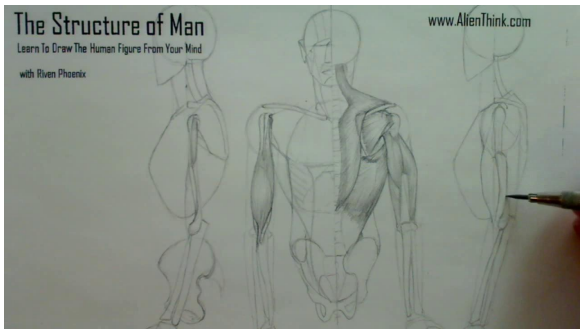
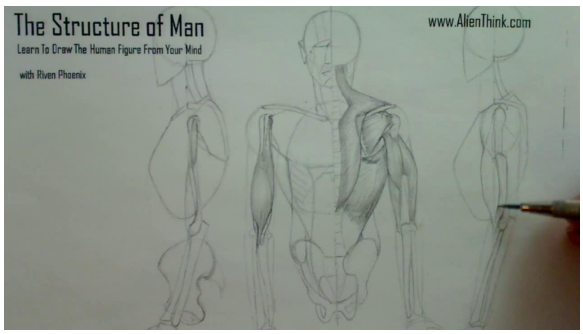
2026 Riven Phoenix and AlienThink.com

133		Right, so this is the outer view.
134		Okay, so here I just want to show you what's going to happen over here.
135		So you can understand, start to understand some of these outlines over here.
136		So this is just the bicep going like this.

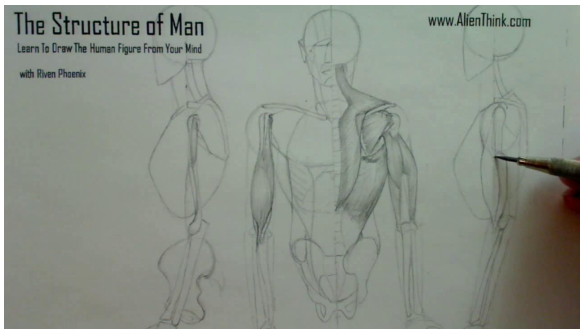
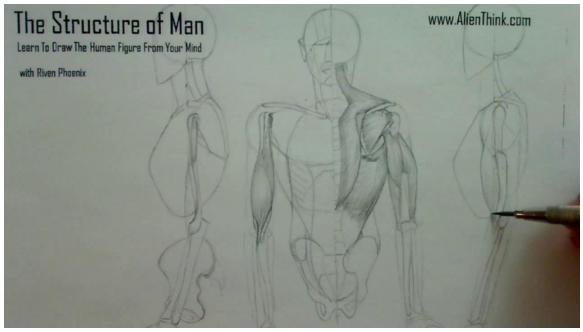
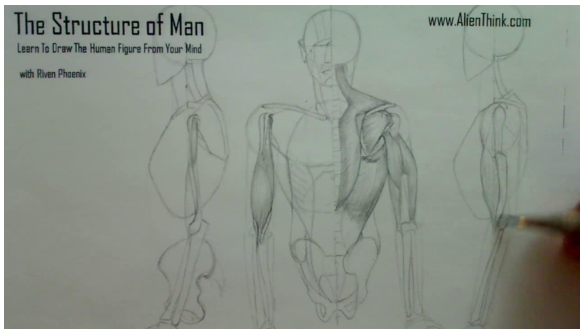
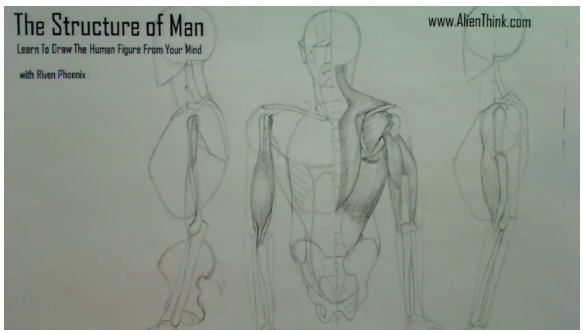
2026 Riven Phoenix and AlienThink.com

137		So here I'm just going to erase these lines now.
138		So this will start to make more sense.
139		Okay, so here we have to do the shape of the bicep first.
140		Right, before we actually put this here.

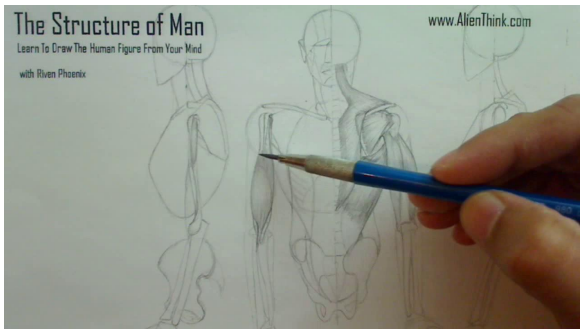
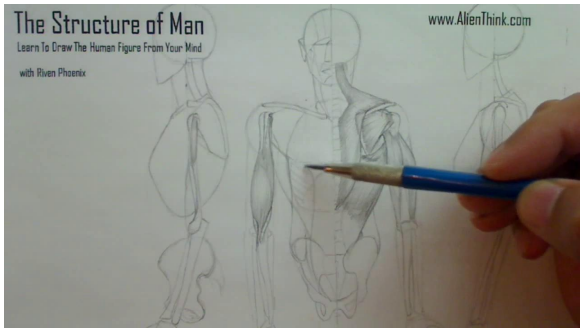
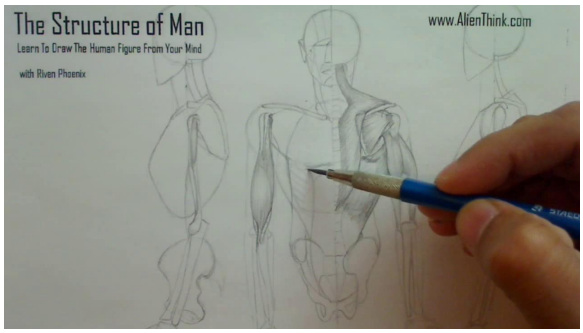
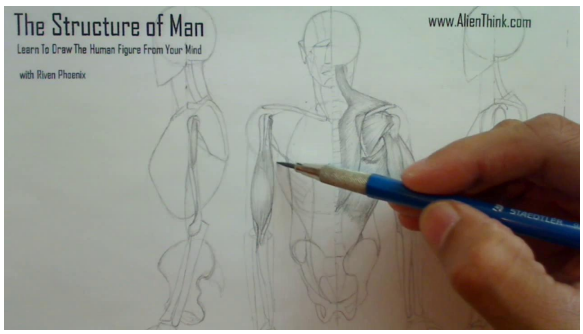
2026 Riven Phoenix and AlienThink.com

141		So we know that okay, well, the bicep will, it's going to be kind of like this over here
142		and it's going to go in and then we're going to get this shape over here
143		and he's going to go over the humor's bone.
144		Right, so you're going to look at these two shapes over here.

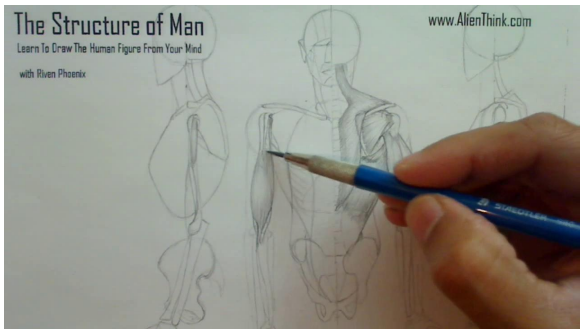
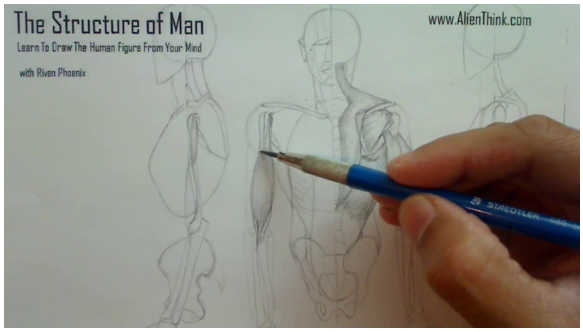
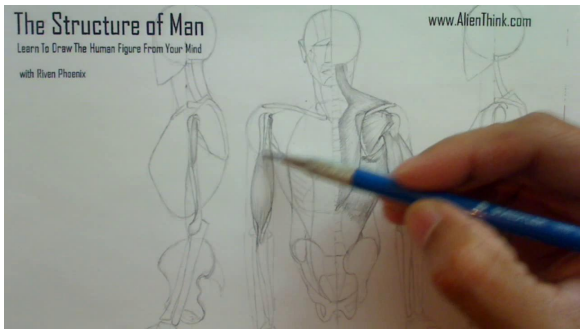
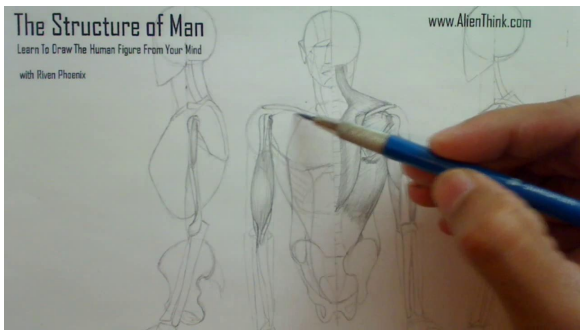
2026 Riven Phoenix and AlienThink.com

145		Okay, so here we can now roughly put in a little bit of the idea for the bicep here.
146		I'm just going to put it in lightly here because we're going to understand the deltoid in a second
147		we're going to understand this very important relationship to what's going on over here.
148		Okay, so now we're going to work on putting in the deltoid.

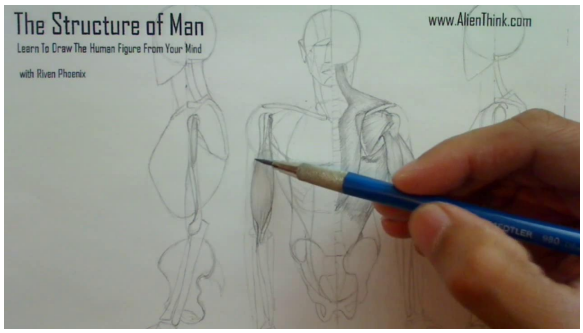
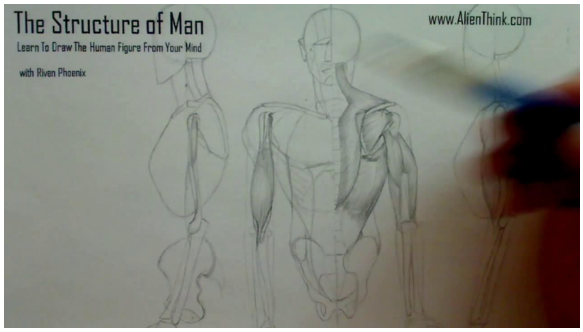
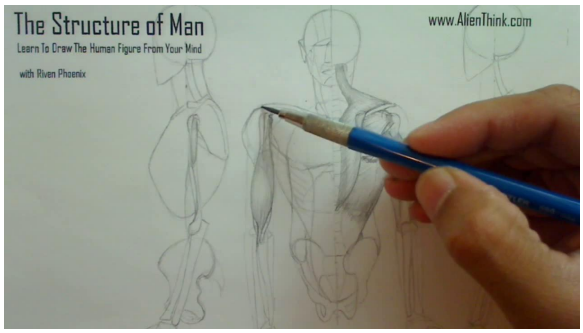
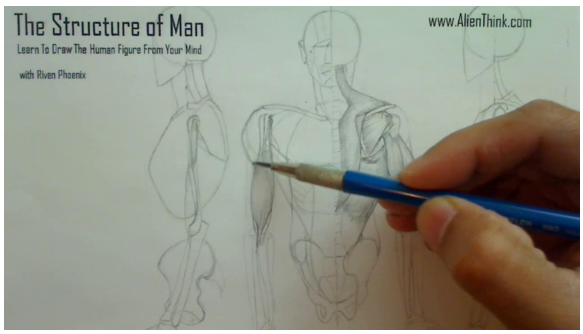
2026 Riven Phoenix and AlienThink.com

149		Right, so we know how the deltoid muscle is going to be working.
150		This is, we're saying here, okay, well, the peck muscles are really just going to be coming like this.
151		Right, and then they want to connect over here.
152		So you're going to get like a nice idea here.

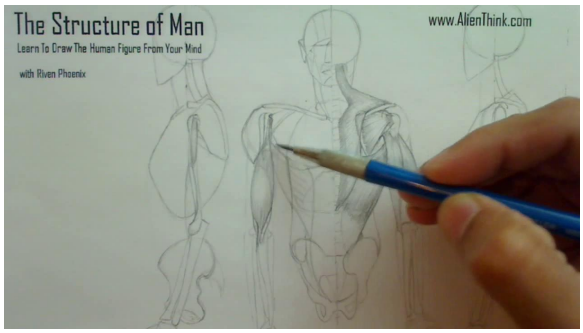
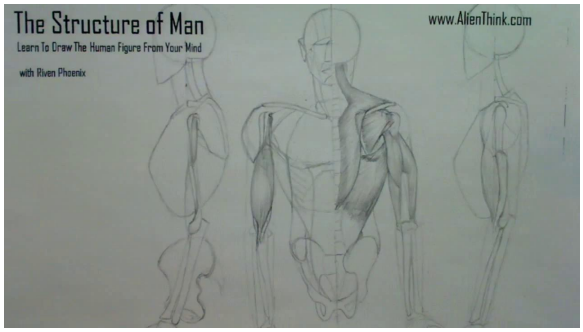
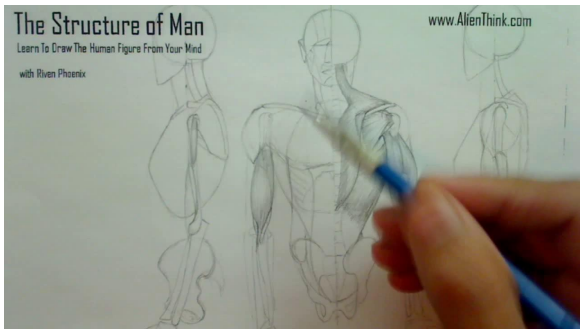
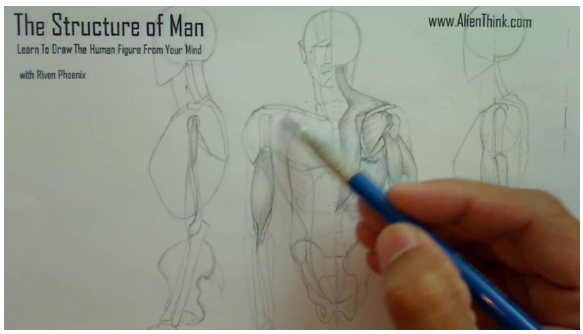
2026 Riven Phoenix and AlienThink.com

153		And again, this is going to go like this.
154		Right, they're going to get pushed.
155		Things are going to be getting pushed and shocked.
156		Right, and we know that half way here is just basically going to get the shoulder muscles.

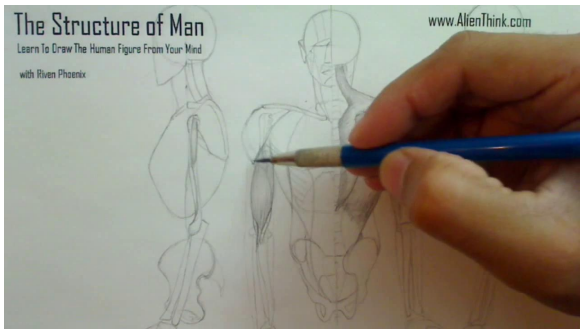
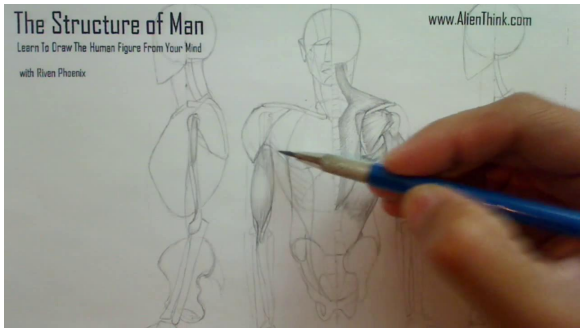
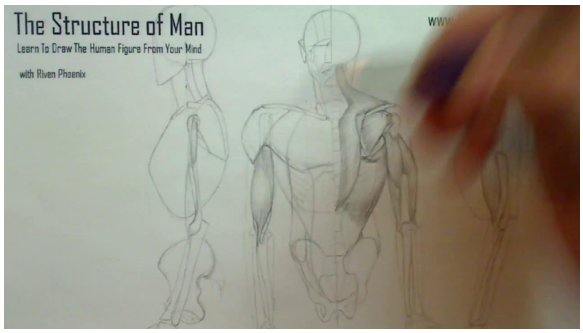
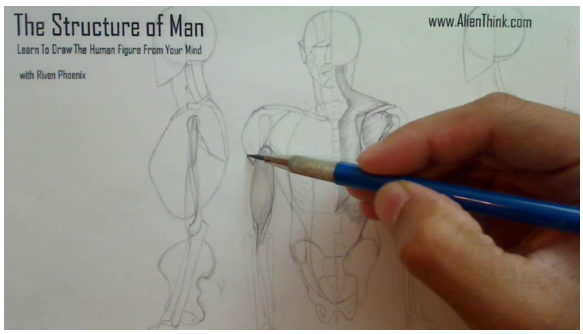
2026 Riven Phoenix and AlienThink.com

157		So when we do this shoulder, we just, we can actually puff it up a bit more here to make it look kind of nice.
158		Right, because we have to look at the whole drawing, right, regardless of the bone structure here,
159		we also have to look at the drawing and look at the volume spaces to harbor doing this.
160		Okay, so here let's say that this is going to be the deltoid now going in this direction over here.

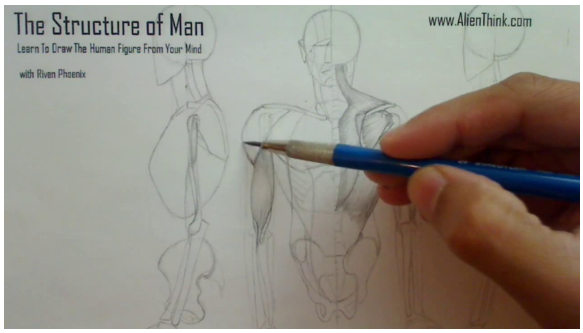
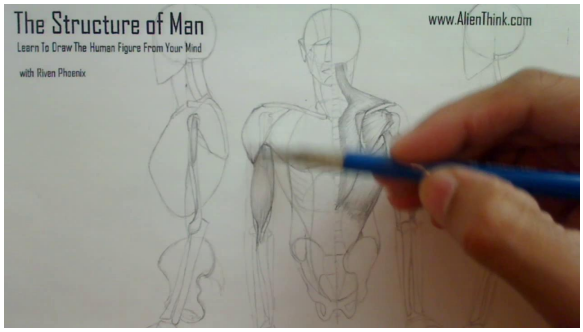
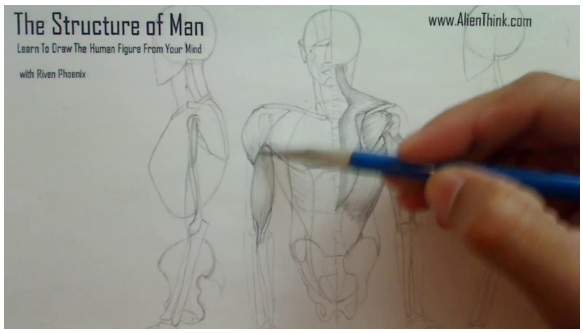
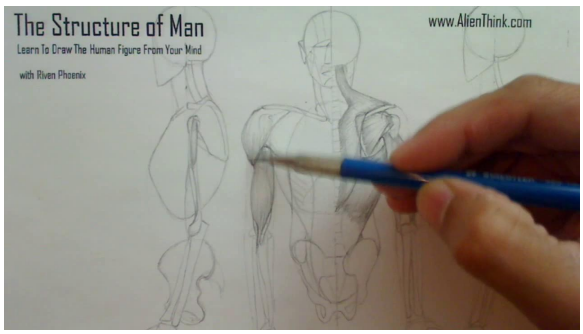
2026 Riven Phoenix and AlienThink.com

161		Right, so here we'll get that connection over here.
162		So I'm going to erase all this stuff now over here and just put it in the deltoid.
163		Right, so here roughly around here is going to be the deltoid.
164		Right, so he's just going to go like this or imagine this going over like this just like this over here.

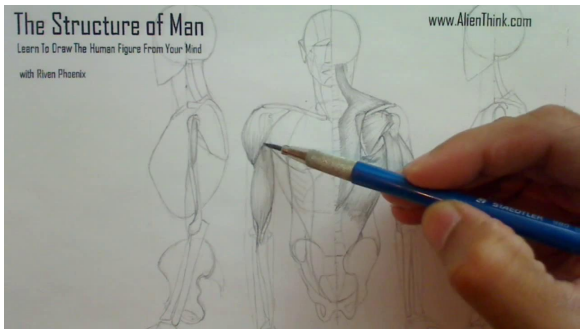
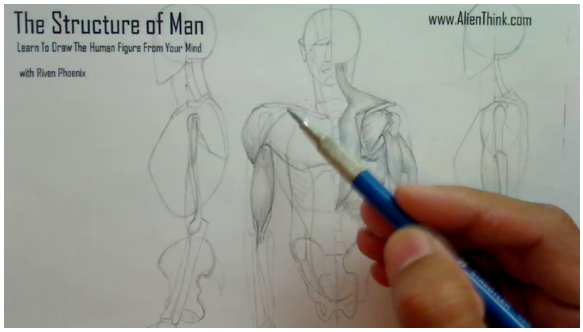
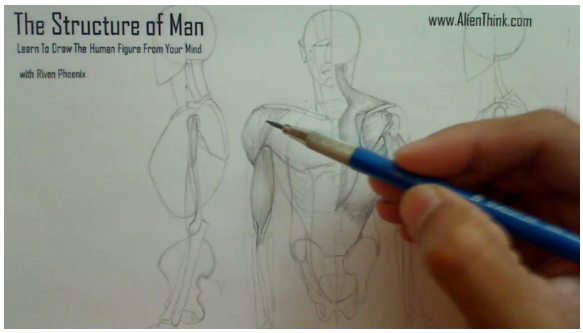
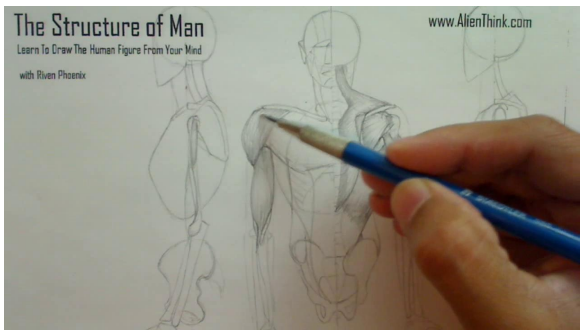
2026 Riven Phoenix and AlienThink.com

165		Okay, and we can do like the deltoid shape like this.
166		So here is going to be the, the peg muscles coming down this way over here.
167		Right, so you're going to get like this nudge, then you'll start to get this nice shape for the, for the bicep.
168		But here when we draw this out, right, this is the deltoid over here.

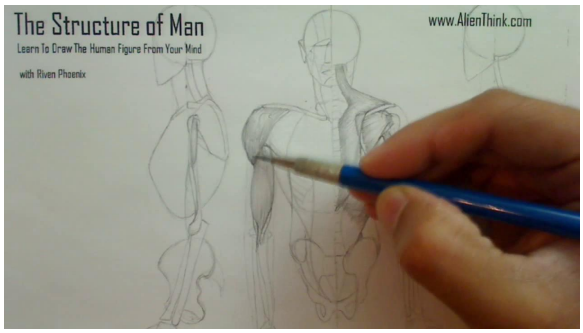
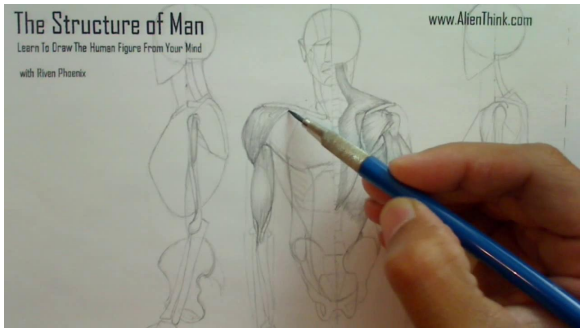
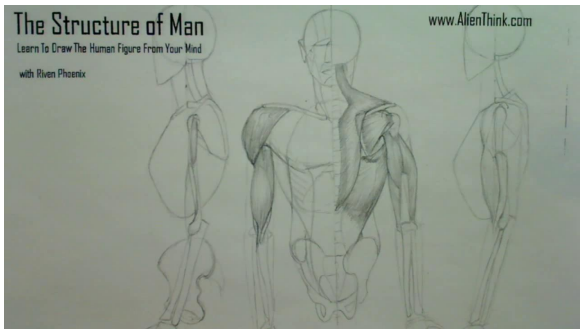
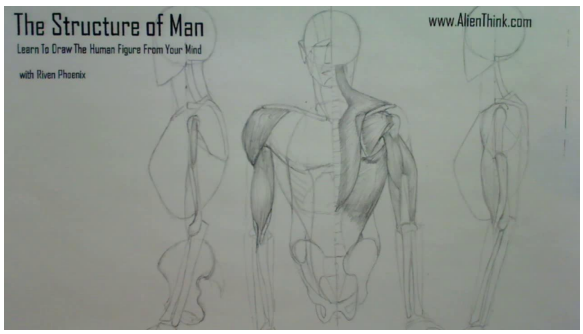
2026 Riven Phoenix and AlienThink.com

169		Let's just fill this in.
170		We can change it later if we don't like it.
171		Right, but this should be a good enough size for the deltoid now.
172		And here is just going to be more shaded because it's more back.

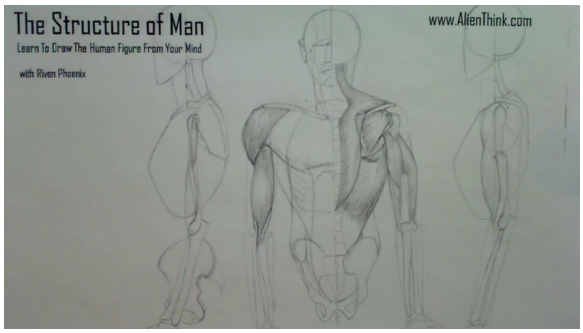
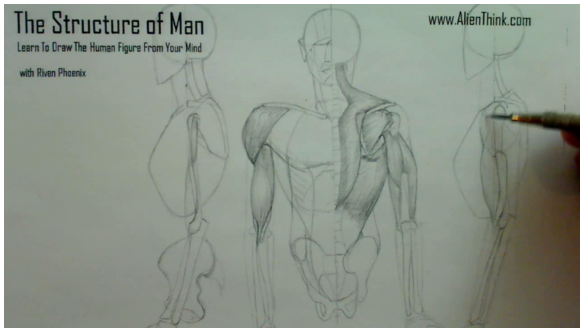
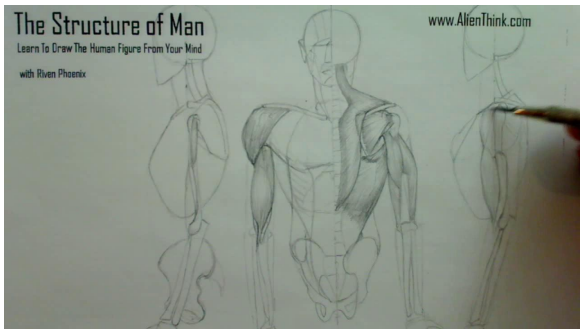
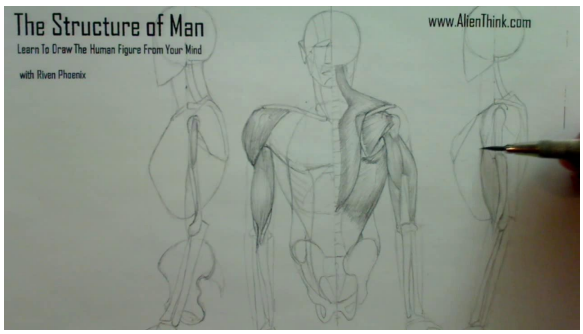
2026 Riven Phoenix and AlienThink.com

173		Right, and here I'm just going to put it in like this over here.
174		So we know that right is just connected over here like so.
175		Right, so know about this bone over here.
176		Right, it's going to cause like a shadow to appear like this.

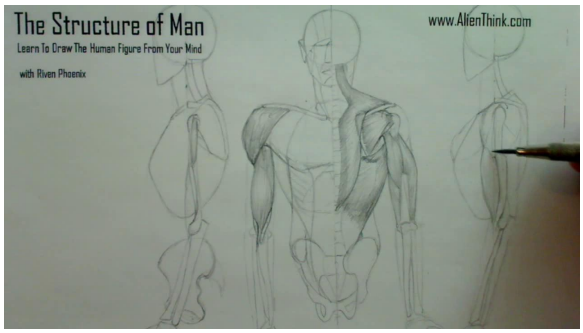
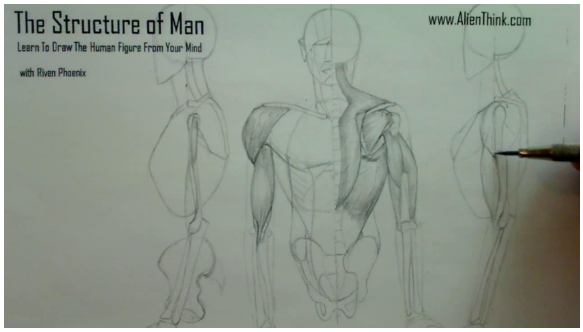
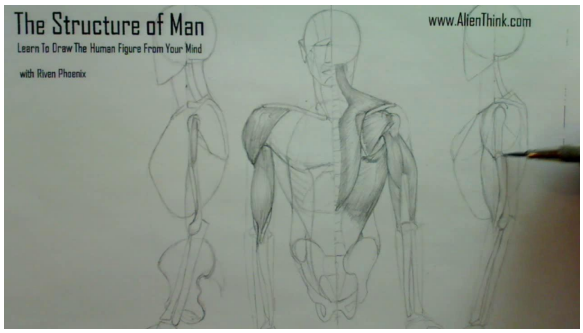
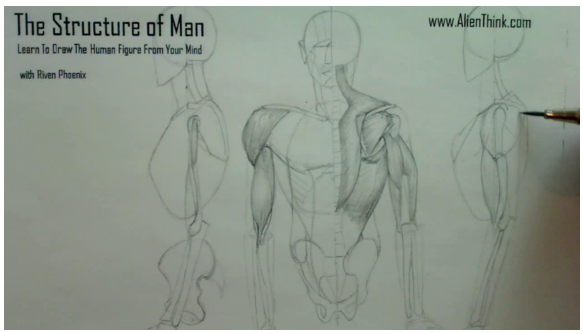
2026 Riven Phoenix and AlienThink.com

177		Just put in like little bit of lines here for the muscle fiber.
178		And this is just going to go like this over here on the side.
179		Okay, so now let's understand what exactly happened over here.
180		And we can only do that from the side.

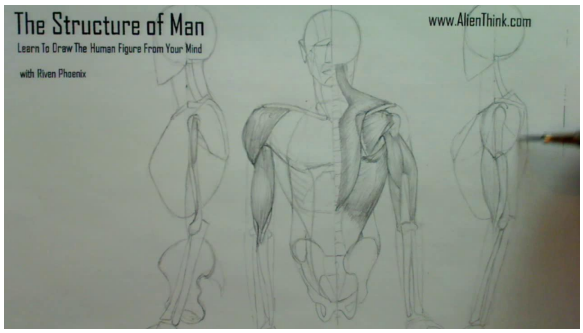
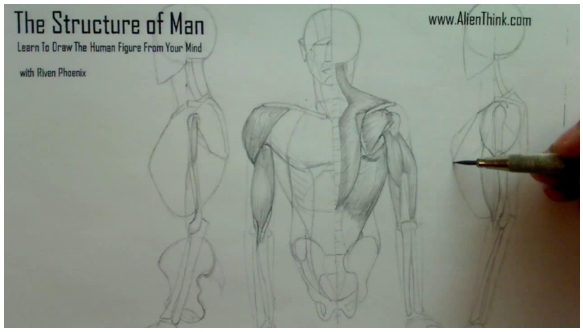
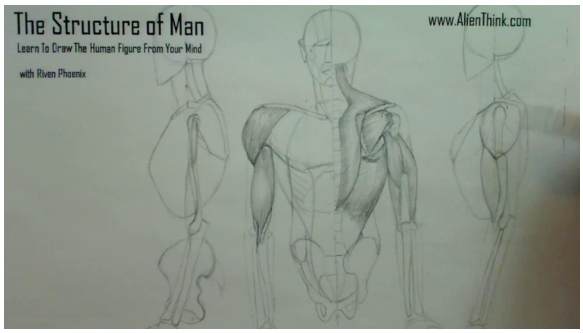
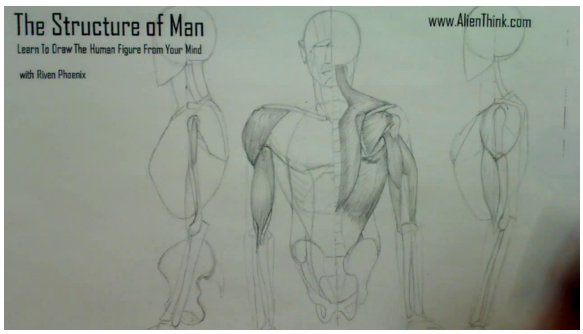
2026 Riven Phoenix and AlienThink.com

181		Right, so we know that okay, well, from the side view, this guy, right, it's he's going to be kind of like puffed up over here.
182		Really, and then we know that right, I'm going to get the muscles for the, the, the, the peg muscles are just going to be like this going across this guy over here.
183		And then we'll get like the shoulder because it's, but this shoulder is kind of big over here.
184		And they're going to be coming in by really not going to see them.

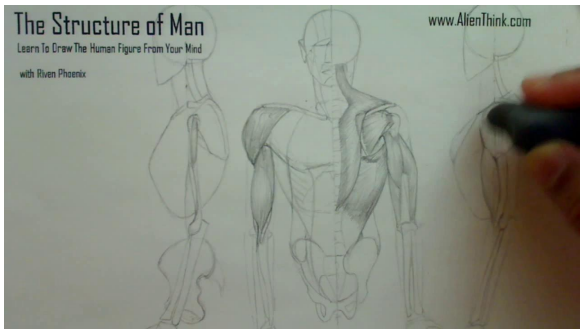
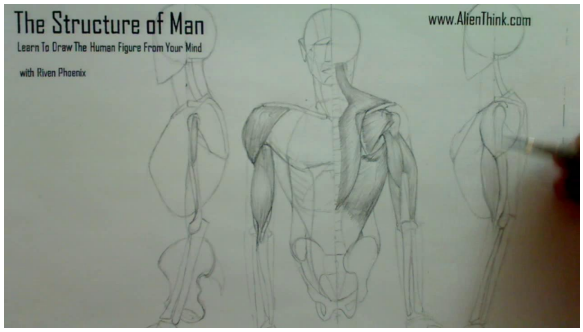
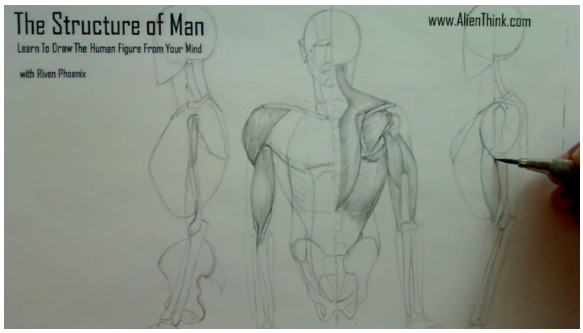
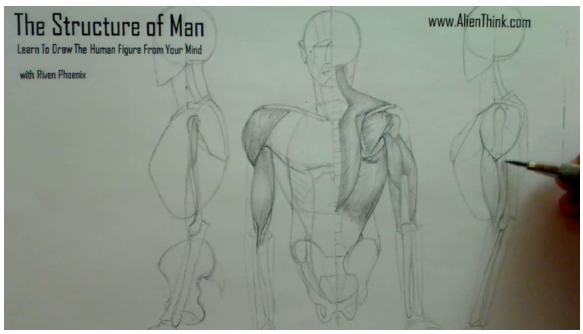
2026 Riven Phoenix and AlienThink.com

185		But look at this relationship of the, the deltoid.
186		So what's going to happen is this del toy.
187		This is where you have to know start to think about where this is coming from the back.
188		But you're still going to get like this over here.

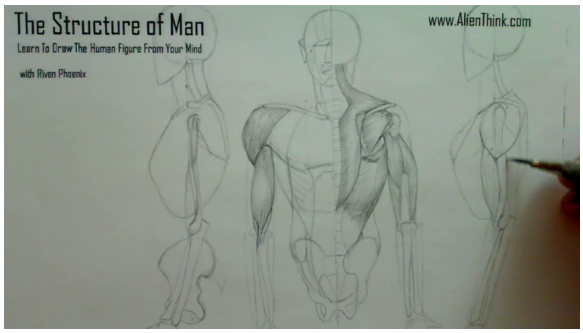
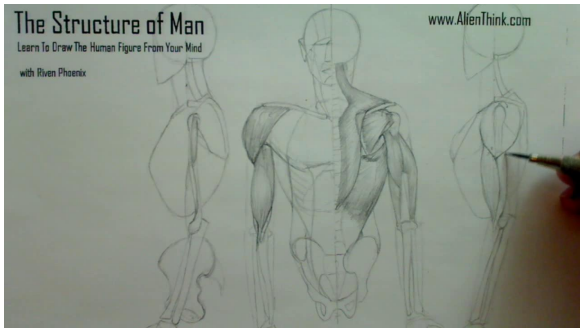
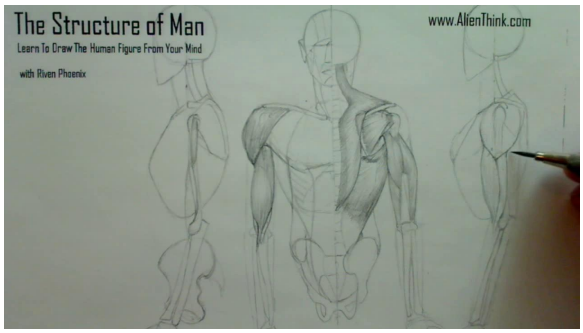
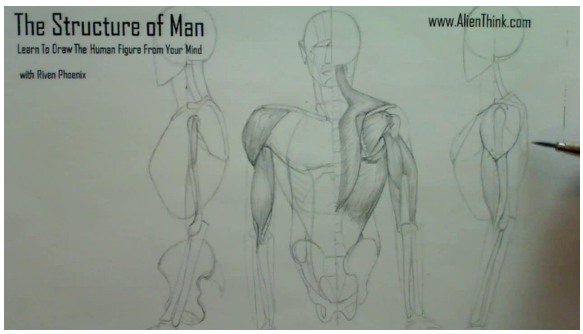
2026 Riven Phoenix and AlienThink.com

189		And it's just going to appear about here, right?
190		Just like this, okay?
191		But look at this relationship of the deltoid.
192		That's the most important thing to get from this.

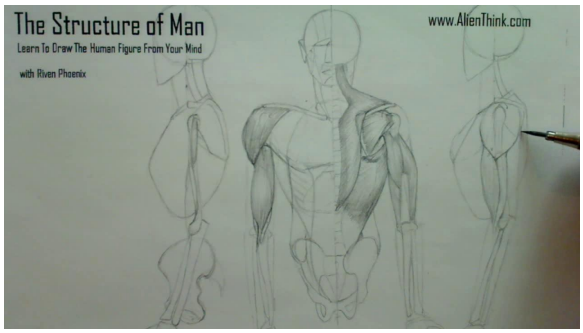
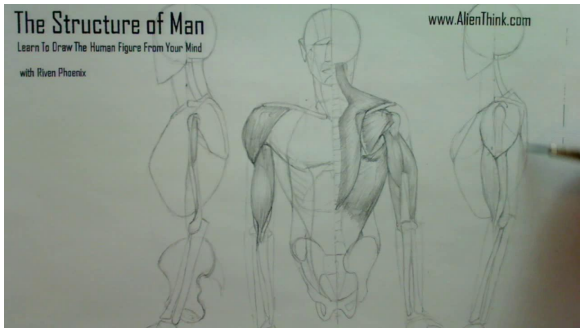
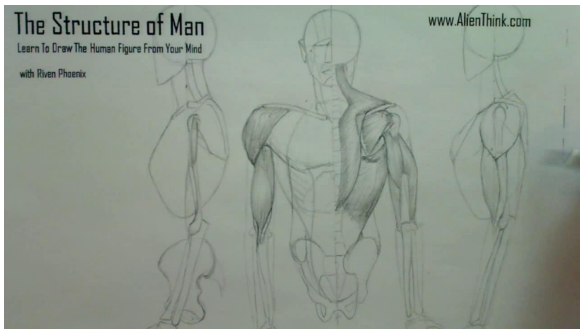
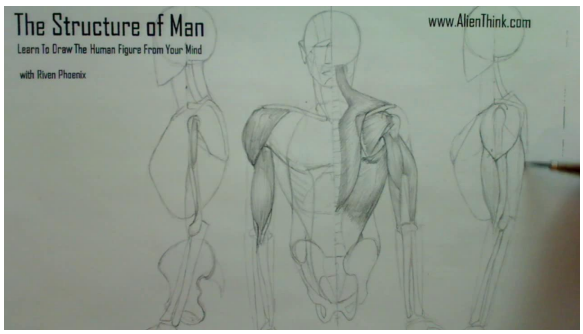
2026 Riven Phoenix and AlienThink.com

193		That's going to allow us to understand how to draw these, these arms out correctly.
194		But this and this, they click together, okay?
195		And look over here, the deltoid is now going, going back, okay?
196		And look at this.

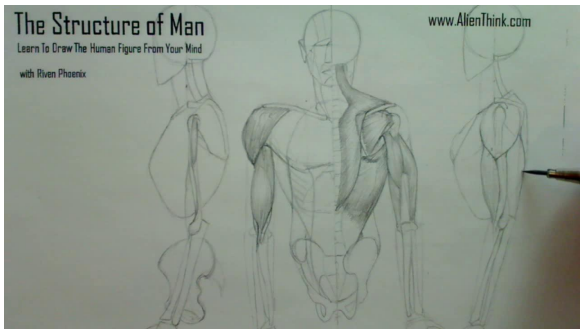
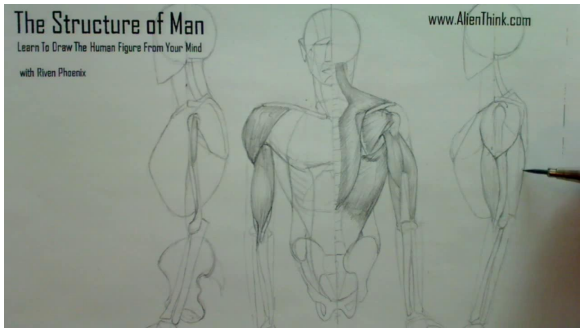
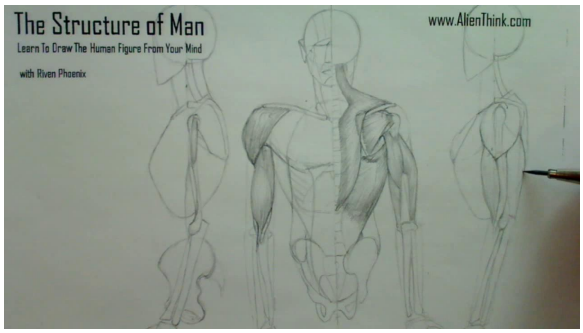
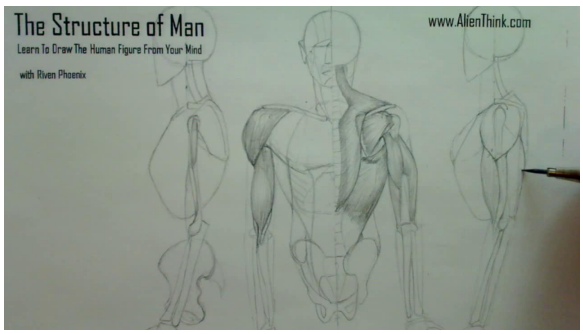
2026 Riven Phoenix and AlienThink.com

197		He's just going to come.
198		He's going to end up over here.
199		And then you're going to get the tricep, right?
200		So if we had to draw out the tricep, we're going to actually over here.

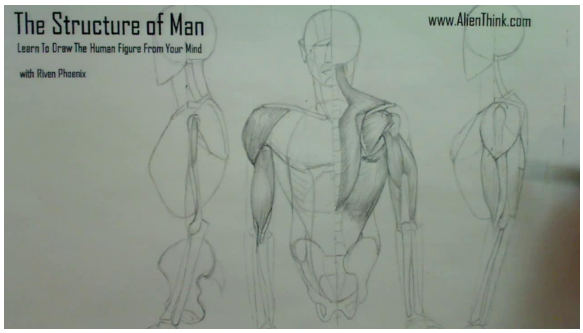
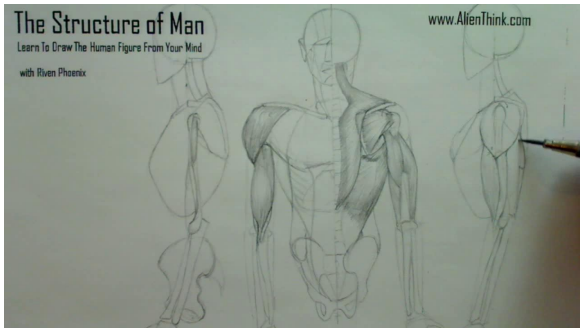
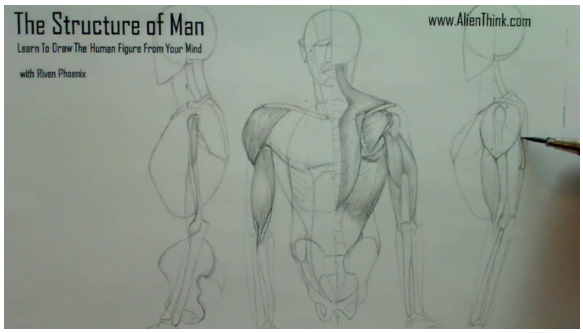
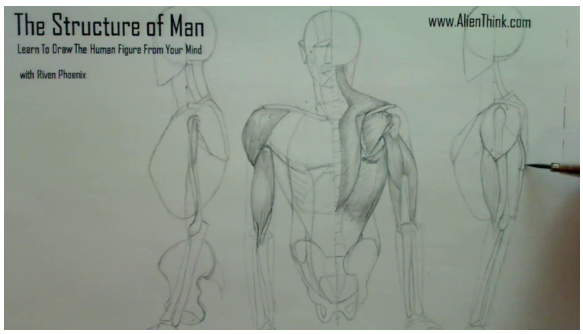
2026 Riven Phoenix and AlienThink.com

201		We just have to look at, okay, well, the tricep is obviously connecting over here.
202		And we're going to get the back of the tricep kind of like this over here, right?
203		So this will give us a nice shaped arm.
204		So we know that this tricep is going to be here.

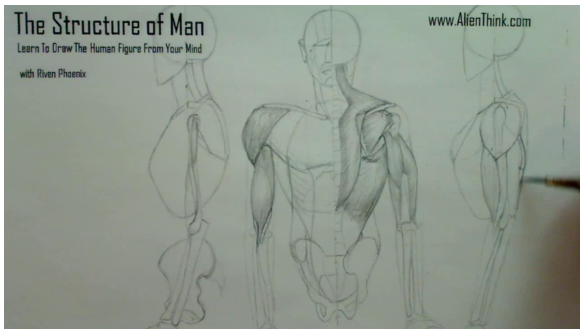
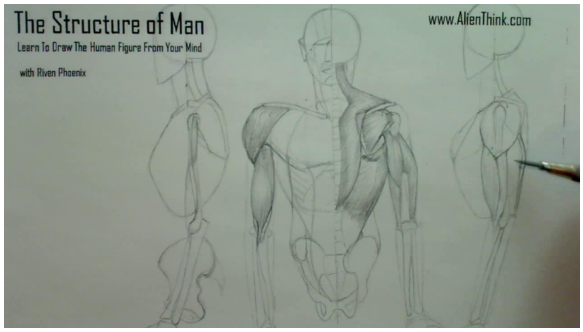
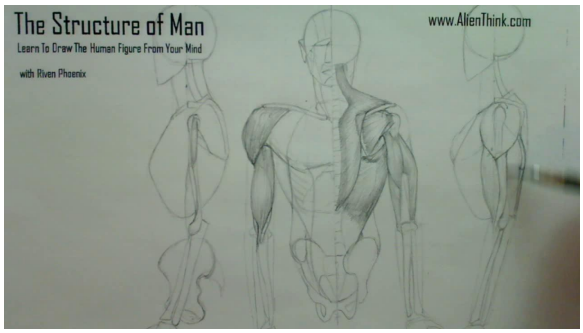
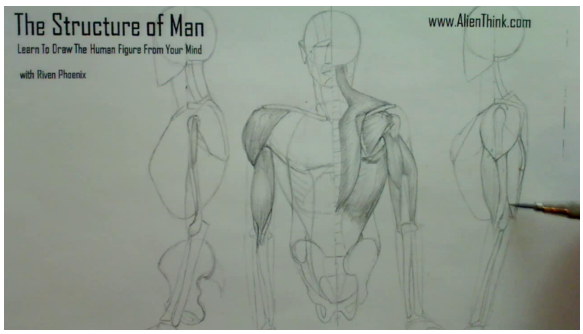
2026 Riven Phoenix and AlienThink.com

205		So we know that this is the outer, right?
206		When we do the outer, it comes out of it.
207		So here we can do a little bit of this idea here.
208		From here, just right halfway, halfway over here.

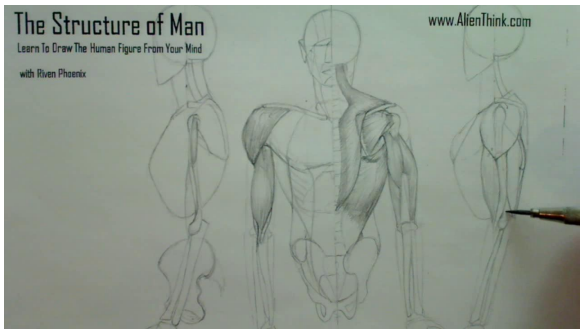
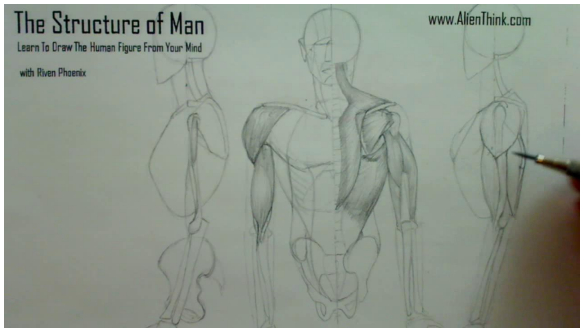
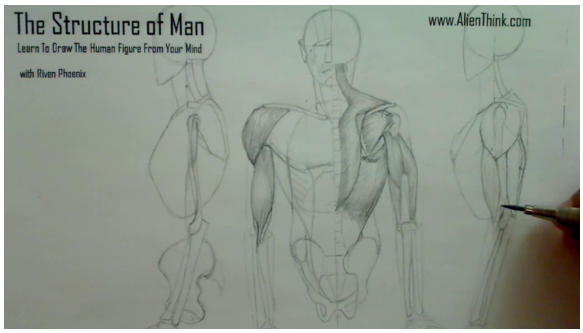
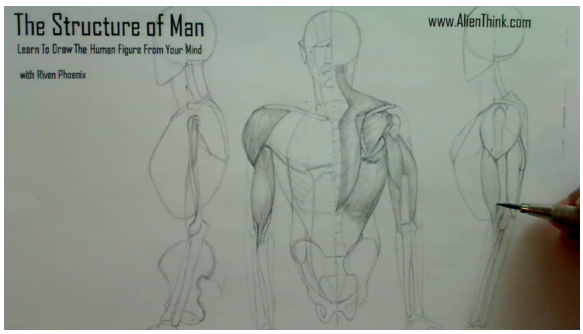
2026 Riven Phoenix and AlienThink.com

209		And we know that, okay, right?
210		I understand this tricep over here really is going to be divided in half.
211		But because this guy is the one that double the tricep.
212		I'm going to see more of him like this, okay?

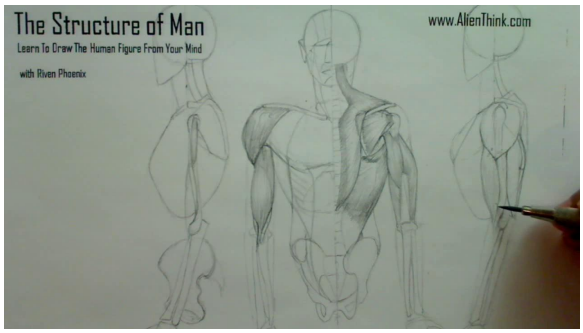
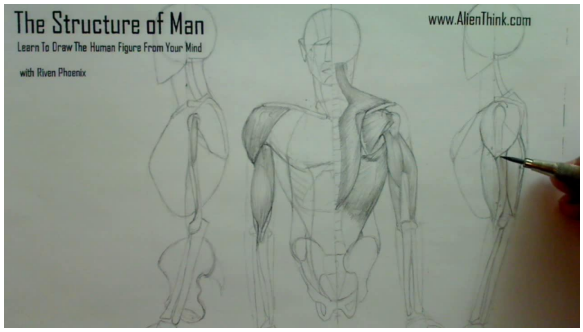
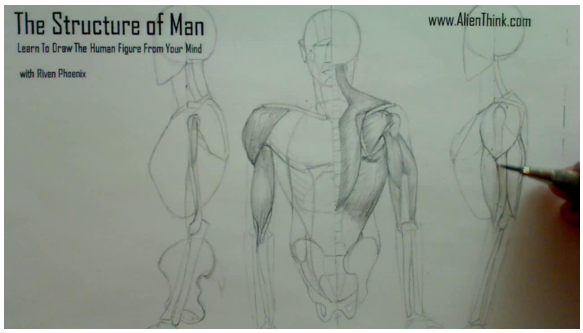
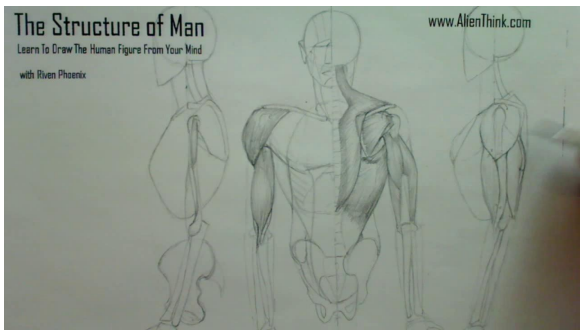
2026 Riven Phoenix and AlienThink.com

213		So I'm going to basically just get the tricep to be ending up here.
214		But look at what happens here.
215		When the tricep goes from here, the connection severs, right?
216		You get the space here.

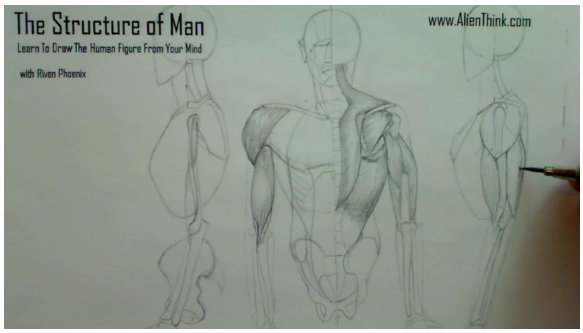
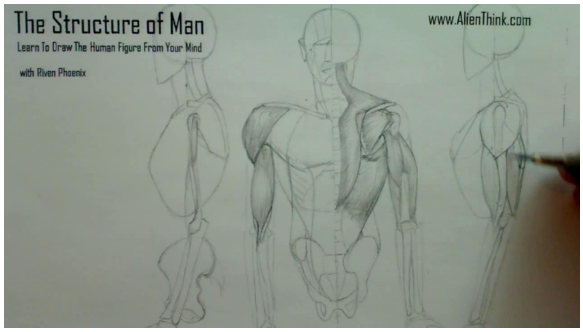
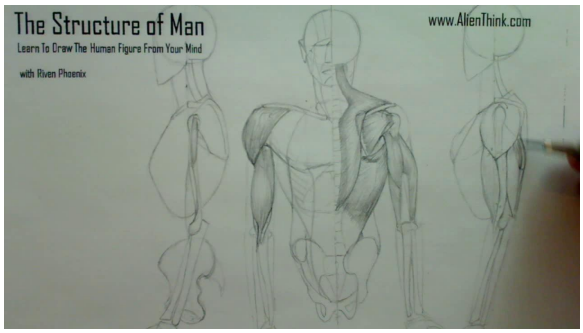
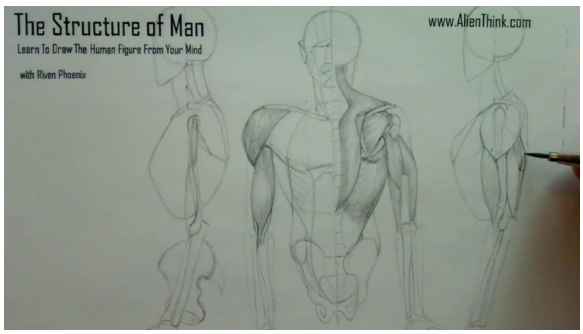
2026 Riven Phoenix and AlienThink.com

217		And we're going to fill that space up in a bit.
218		But it's important to understand this clicks here.
219		And look, they come back together.
220		This clicks here.

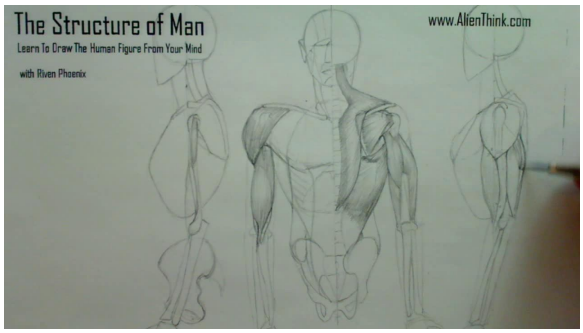
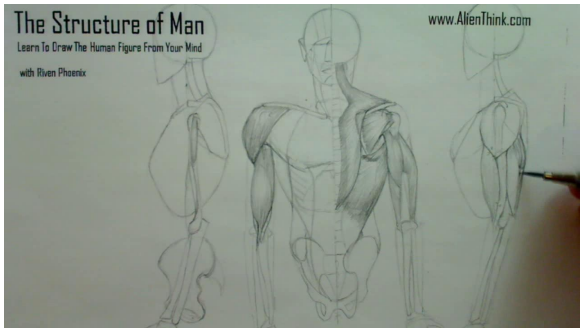
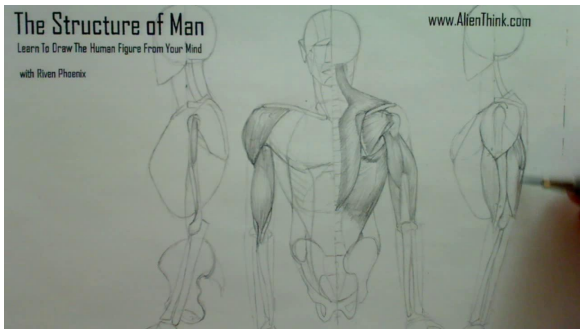
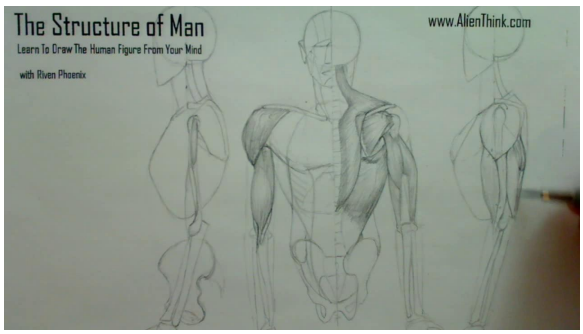
2026 Riven Phoenix and AlienThink.com

221		The relationship.
222		This click and this separates over here.
223		Okay.
224		Okay.

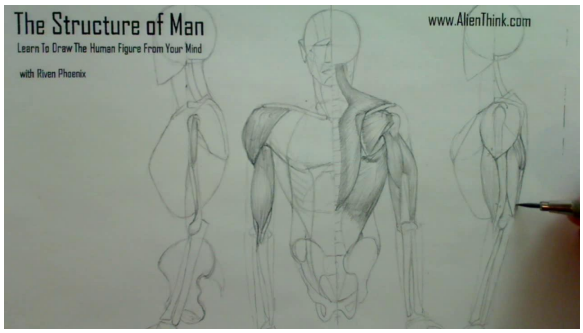
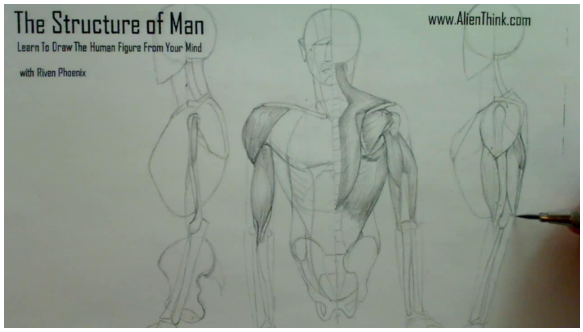
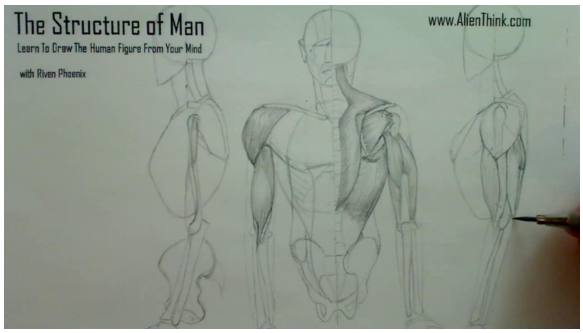
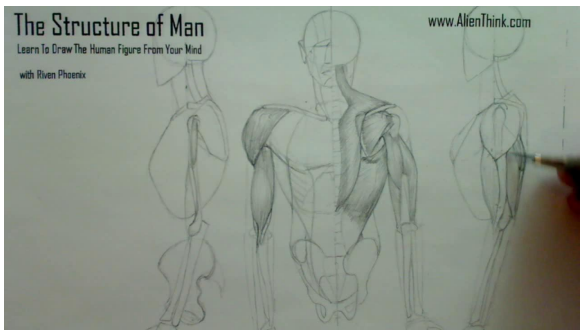
2026 Riven Phoenix and AlienThink.com

225		So here we can now just fill in the muscles for the tricep over here.
226		Just make it look like a nice tricep over here.
227		Right?
228		So now that the outer one is going to be much more bigger in reality.

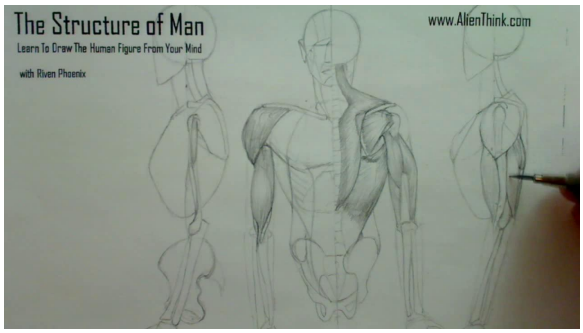
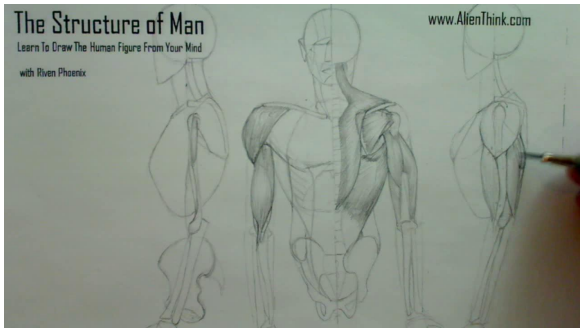
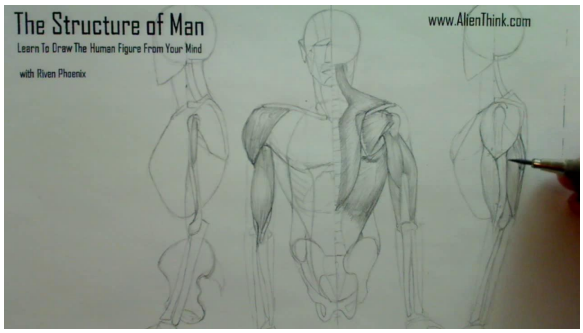
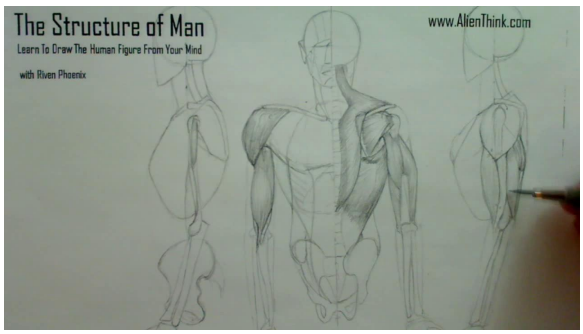
2026 Riven Phoenix and AlienThink.com

229		Right?
230		Right.
231		Right.
232		So this is all white space.

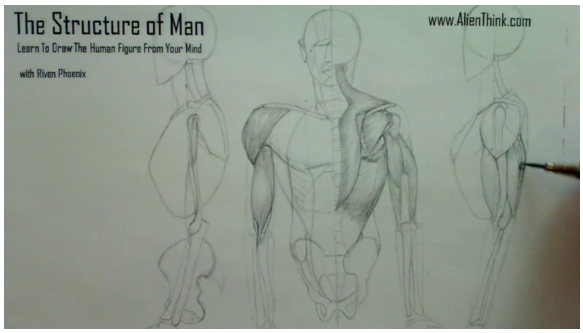
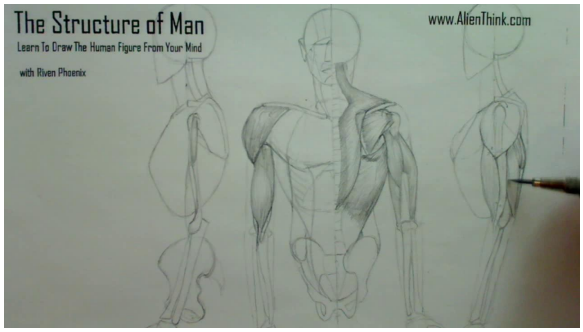
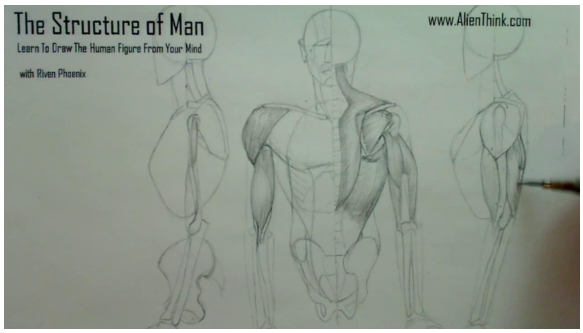
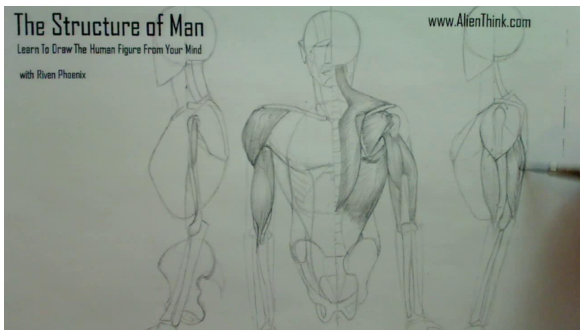
2026 Riven Phoenix and AlienThink.com

233		And this is the tricep disconnects to the...
234		The back of all this stuff over here.
235		So you're just going to get your elbow over here.
236		Okay.

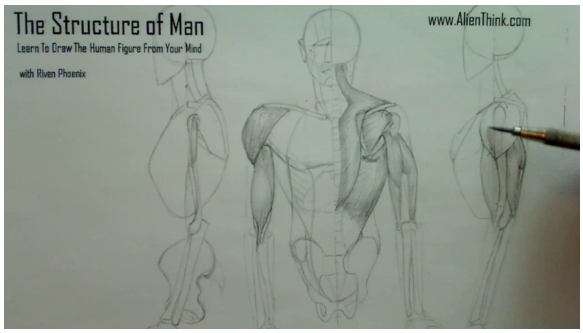
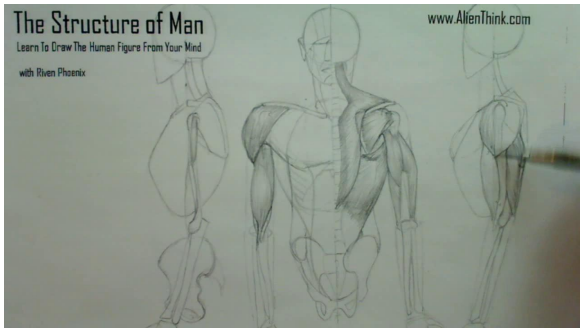
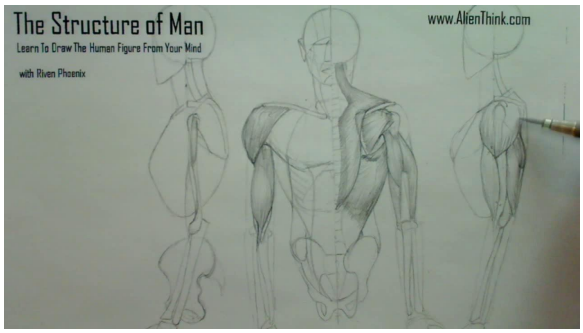
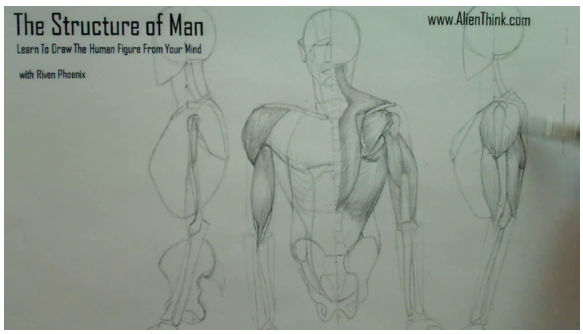
2026 Riven Phoenix and AlienThink.com

237		So here I'm just going to push this in out.
238		Right?
239		So this is kind of like a ball shape over here too.
240		Just like look, it's coming out.

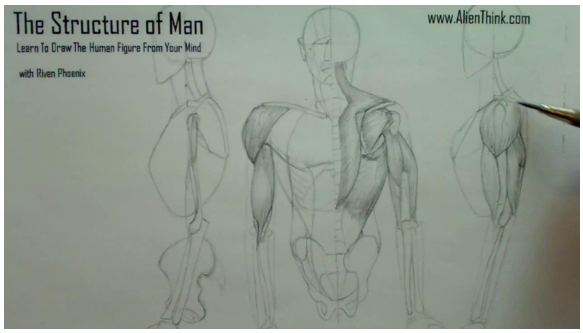
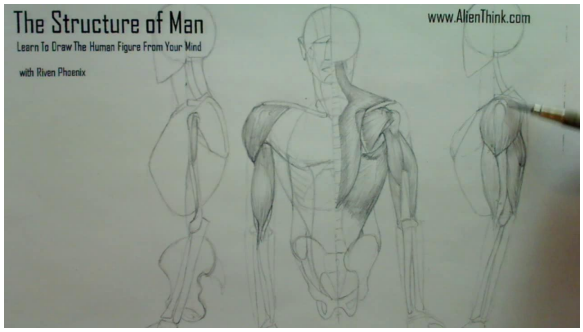
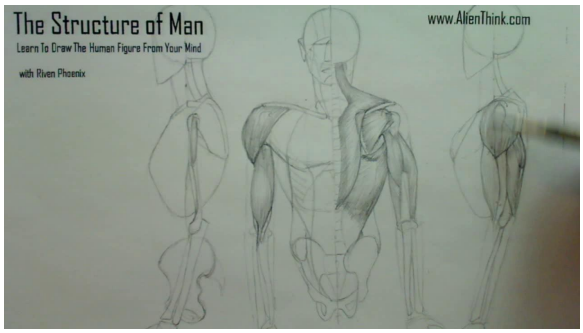
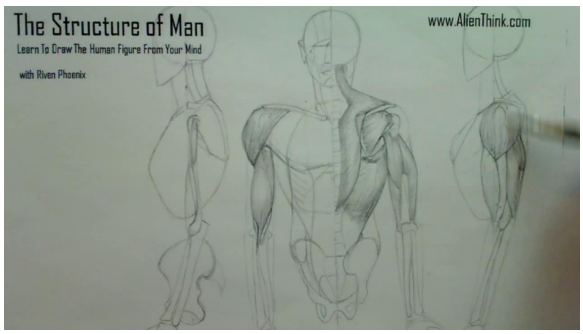
2026 Riven Phoenix and AlienThink.com

241		So you can like show a little bit.
242		Show that with a little bit of lighting.
243		Right?
244		So now we can just fill in these ideas here for the deltoid.

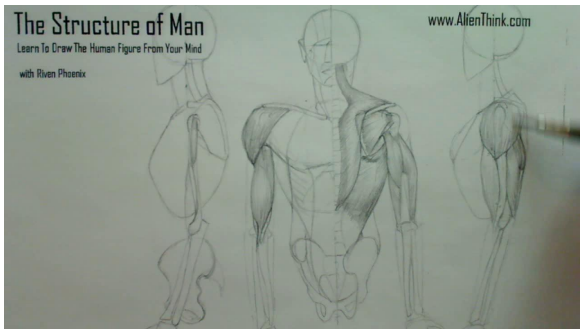
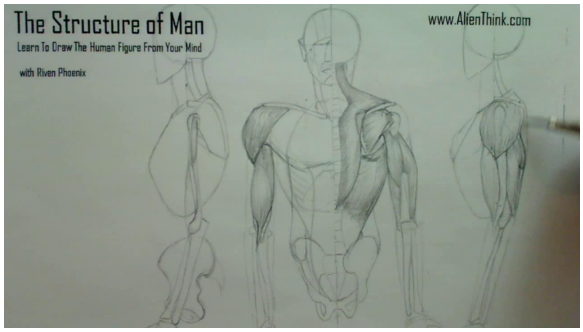
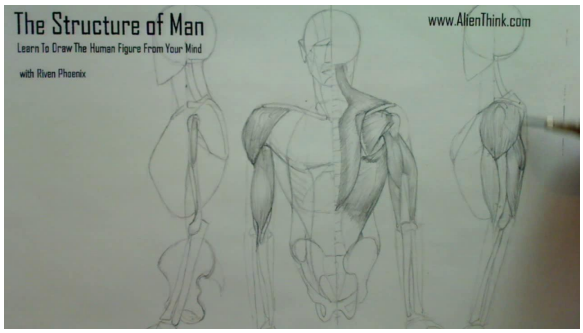
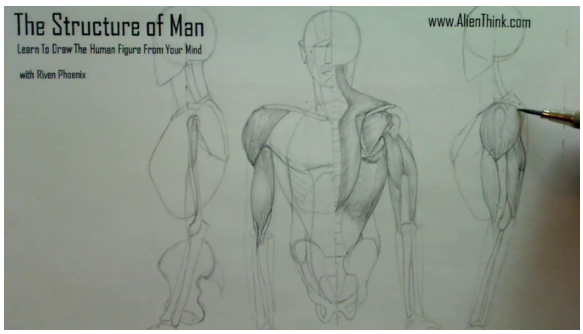
2026 Riven Phoenix and AlienThink.com

245		It's just going to be like this over here.
246		And it's just going to be connecting.
247		Right?
248		So the deltoid can go a little...

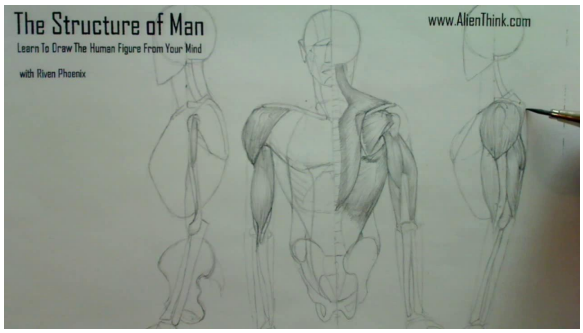
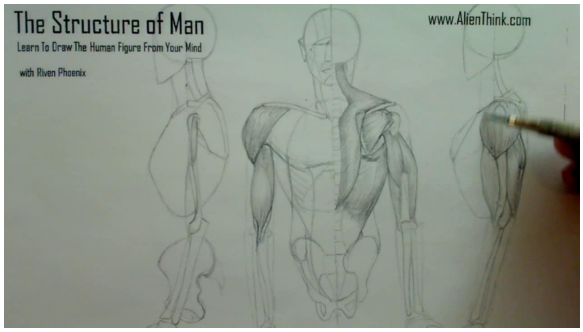
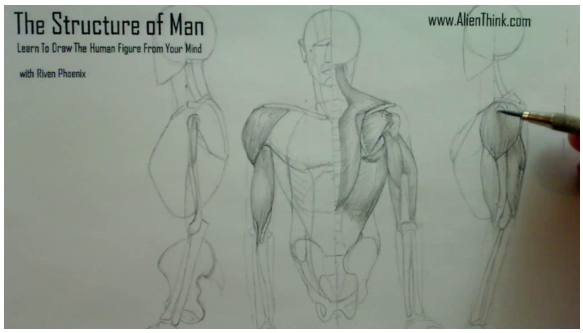
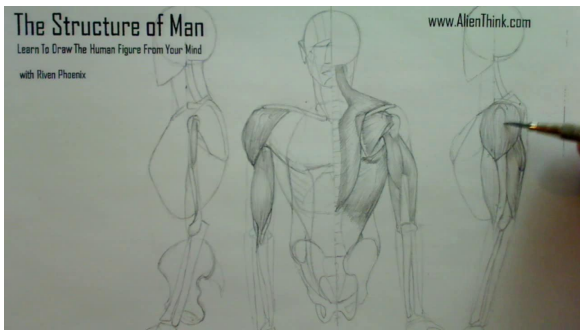
2026 Riven Phoenix and AlienThink.com

249		A little...
250		Big over here.
251		Right?
252		Right?

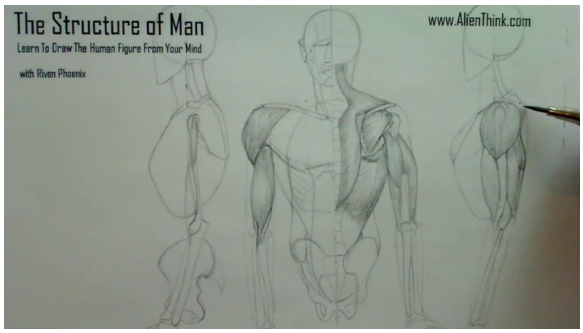
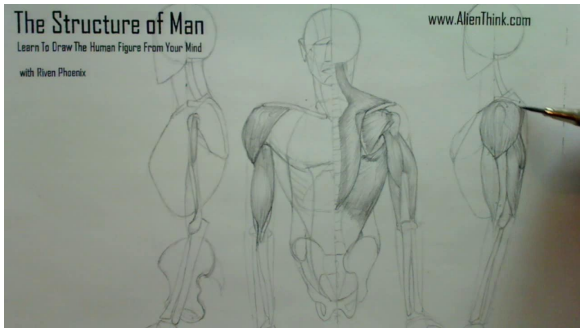
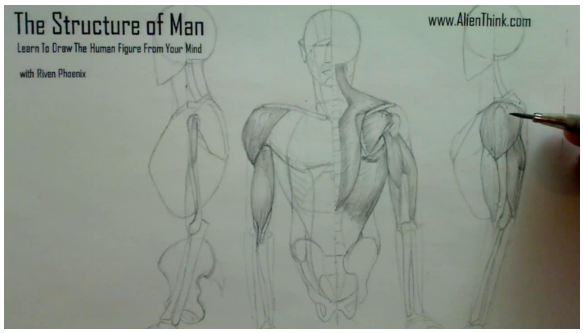
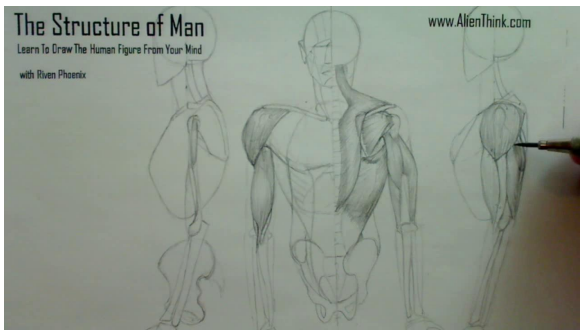
2026 Riven Phoenix and AlienThink.com

253		So now notice something here that where this deltoid is going to be the scapula over here.
254		And he's just going to be coming from the back.
255		And you might get this line over here still all part of the deltoid.
256		Right?

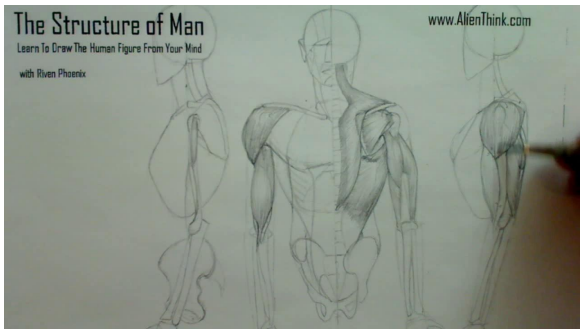
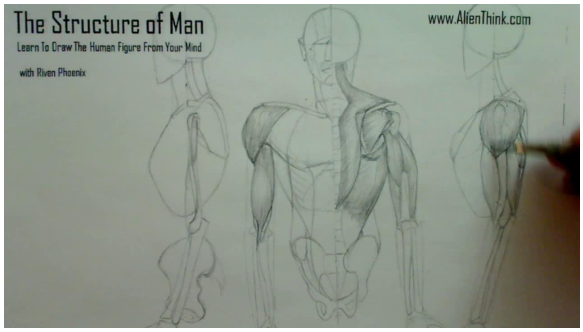
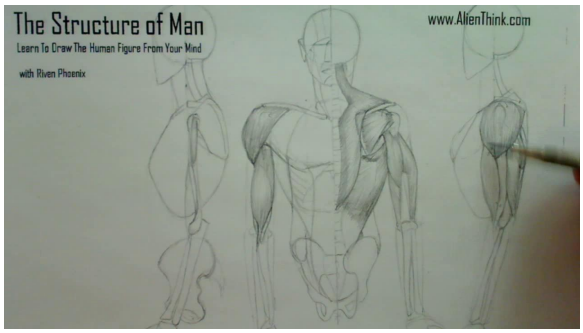
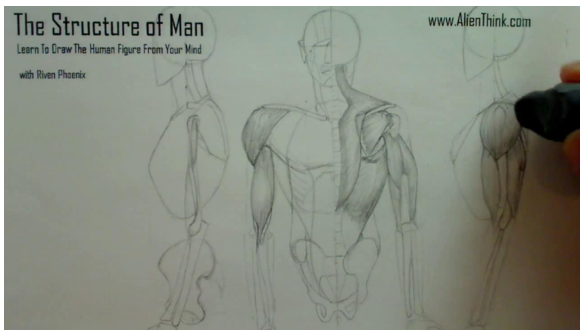
2026 Riven Phoenix and AlienThink.com

257		Notice that from here to here, look how flat it is.
258		And over here it's more balloony.
259		Right?
260		Because it's more over here and because the scapulaid pushes it.

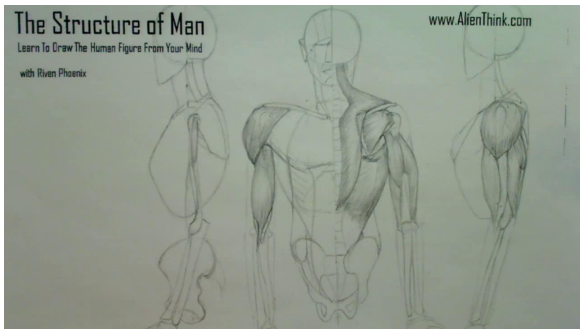
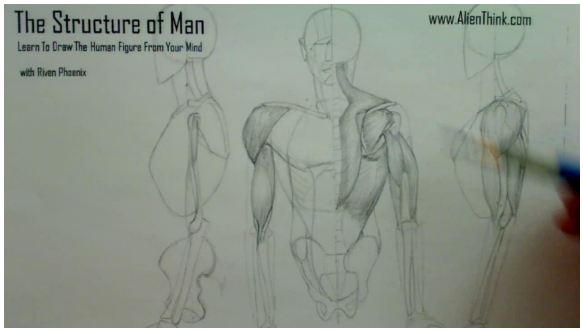
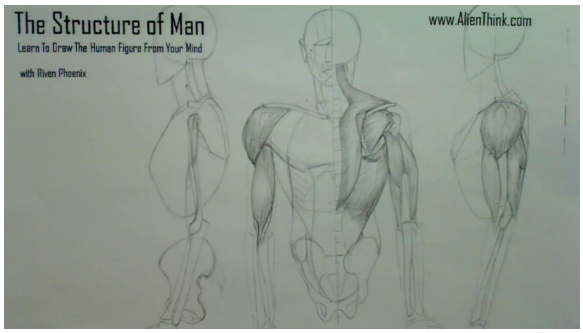
2026 Riven Phoenix and AlienThink.com

261		So there's just like a plane over here.
262		So these are like some ideas that you should be.
263		And then here we can actually just finish this off and do the muscle over here for the back.
264		So we'll come back to some of these areas and just fill them in nicely.

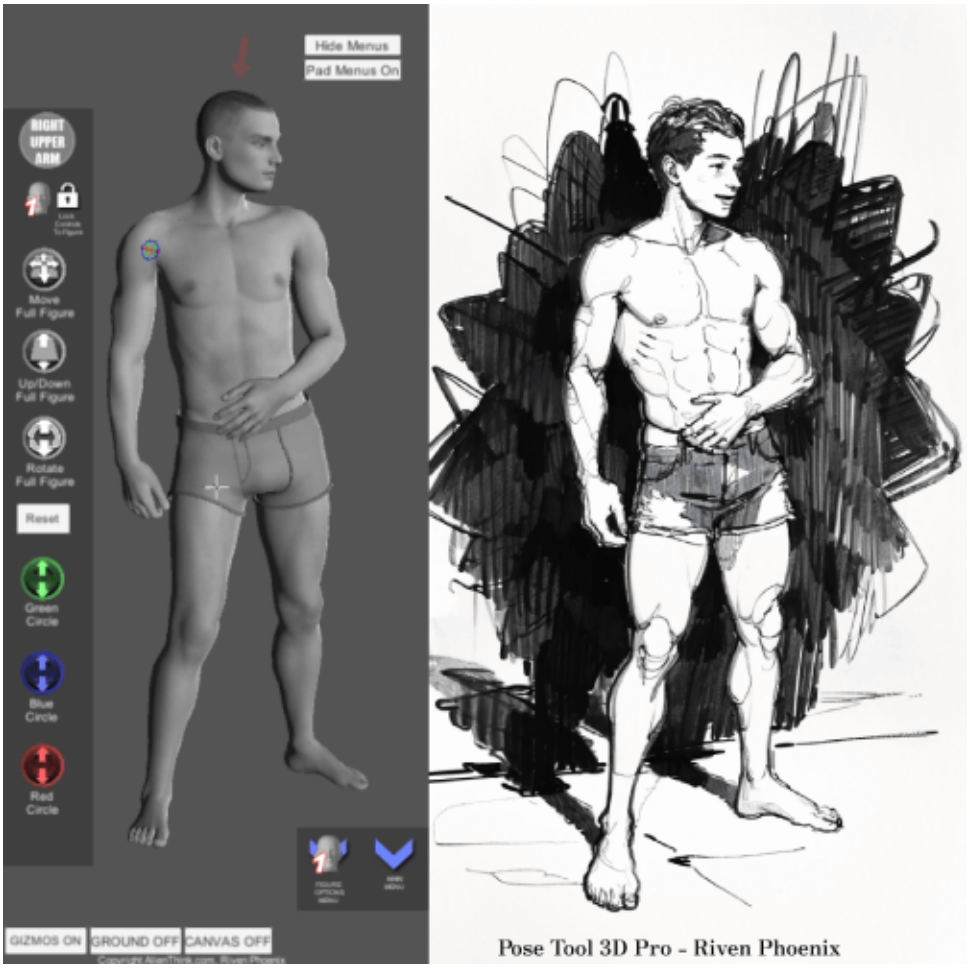
2026 Riven Phoenix and AlienThink.com

265		Right?
266		So important relationship is this, look at the relationships.
267		Let's do what's going on.
268		I'm just going to put some highlight areas here.

2026 Riven Phoenix and AlienThink.com

269		And the shadow work.
270		Okay, so I'll see you in the next lesson.
271		Thanks.

2026 Riven Phoenix and AlienThink.com



www.alienthink.com/pose-tool-3d/

2026 Riven Phoenix and AlienThink.com